


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Chambersburg</i> CONNECTIONS</p> <p> JANUARY 2022</p>						<p>1</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Watch 2022 Rose Parade 11:00 Lunch 12:00 Walking with Friends 1:15 Chair Yoga 2:00 Sip and Be Social 3:00 Z is For Zebra Crossword 4:00 Dinner 5:30 Venice Webcams 7:00 Evening Wind Down</p> <p>New Year's Day</p>
<p>2</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Cuisine Panel 2:00 Sip and Discuss 3:00 Worship Service 4:00 Dinner 5:30 SATM Radio Show 7:00 Evening Wind Down</p>	<p>3</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: Word Scramble 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink 2:00 Sip and Mingle 3:00 Bible Study (CC) 4:00 Dinner 5:30 Classic Movies: Topper Returns 7:00 Evening Wind Down</p>	<p>4</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Word Wheel 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Peach Cupcakes 2:00 Sip and Taste 3:00 History of Astrology and the Zodiac 4:00 Dinner 5:30 TED Talks: Future Flight 7:00 Evening Wind Down</p>	<p>5</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Stretch & Strengthen 10:30 iN2L: Word-a-thon 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Garnet Jewelry Bracelet (CC) 2:00 Sip and Show 3:00 New Year Message 4:00 Dinner 5:30 Painting w/ Bob Ross 7:00 Evening Wind Down</p>	<p>6</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nellie Fox Bowling Alley (CC) 2:00 Sip and Bowl 3:00 Happy New "Year" Words that Rhyme w/ Year 4:00 Dinner 5:30 Classic TV: Carol Burnett 7:00 Evening Wind Down</p>	<p>7</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Karaoke 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Bottle Ring Toss 2:00 Hot Cocoa Hour 3:00 Surprise Birthday Party Detective 4:00 Dinner 5:30 Surprise! Videos 7:00 Evening Wind Down</p>	<p>8</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit and Celebration 10:30 iN2L: Piggy Banker 11:00 Lunch 12:00 Walking with Friends 1:15 Memories in the Making 2:00 Sip and Share 3:00 "Awe" Inspiring Word Rhyme 4:00 Dinner 5:30 Puppies Webcam 7:00 Evening Wind Down</p>
<p>9</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Shake Loose Memory 2:00 Sip and Be Social 3:00 Worship Service 4:00 Dinner 5:30 Audio Books: The Little Match Girl 7:00 Evening Wind Down</p>	<p>10</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light and Lively 10:30 iN2L: Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink: Macrame Owl Keychain (CC) 2:00 Sip and Show (CC) 3:00 Bible Study (CC) 4:00 Dinner 5:30 Classic Movies: Bird Paradise 7:00 Evening Wind Down</p>	<p>11</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Fittersitter 10:30 iN2L: Pictionary 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Monkey Bread 2:00 Sip and Taste 3:00 King of 'Rock and Roll' Trivia 4:00 Dinner 5:30 TED ED: Red Glow 7:00 Evening Wind Down</p>	<p>12</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 Dance Class w/ Jess 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Origami Tiger (CC) 2:00 Chinese New Year Social (CC) 3:00 Jessica Snyder Performs (CC) 4:00 Dinner 5:30 Virtual Museums 7:00 Evening Wind Down</p>	<p>13</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Mikie's Ice Cream 2:00 Sip and Mingle 3:00 Watch: Elvis Presley's Graceland Documentary 4:00 Dinner 5:30 Classic TV: Robin Hood 7:00 Evening Wind Down</p>	<p>14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Name that Tune 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Dominoes 2:00 Iced Tea Time 3:00 Playful Penguins Crossword 4:00 Dinner 5:30 Inspirational Videos 7:00 Evening Wind Down</p>	<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Seatworks 10:30 iN2L: Brain games 11:00 Lunch 12:00 Walking with Friends 1:15 Memory Magic 2:00 Snow Cone Station 3:00 Sugar and Spice Crossword 4:00 Dinner 5:30 Pandas Webcam 7:00 Evening Wind Down</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
16 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Top 10 Snowiest States in America 2:00 Sip and Discuss 3:00 Worship Service 4:00 Dinner 5:30 Classic Radio: Duke Ellington 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 iN2L: Happy Neuron 11:00 Lunch 12:00 Walking with Friends 1:15 Martin Luther King Speaks! "I've Been to the Mountaintop" (CC) 2:00 MLK Social (CC) 3:00 Bible Study (CC) 4:00 Dinner 5:30 Classic Movies: Algiers 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing through the Decades 10:30 iN2L: Reminiscing 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Cream Cheese Chocolate Cupcakes 2:00 Sip and Make a New Friend 3:00 Twelfth Night Detective 4:00 Dinner 5:30 TED talks: Energy Source 7:00 Evening Wind Down	19 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit & Be Fit 10:30 iN2L: Spot the Difference 11:00 Lunch 12:00 Walking with Friends 1:15 Wheel Fortune (CC) 2:00 January Birthday Celebration (CC) 3:00 Build a Snowman Word Search 4:00 Dinner 5:30 ExplainsWhat Is Great Art 7:00 Evening Wind Down	20 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Caledonia Nature Ride 2:00 Milk Shake from Sonic 3:00 From Z to A Word Game 4:00 Dinner 5:30 Classic TV: Shirley Temple 7:00 Evening Wind Down	21 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Finish the Lyrics 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Bowling 2:00 Root Beer Floats Hour 3:00 Grimm's' Fairy Tales Crossword 4:00 Dinner 5:30 Broadway Musicals 7:00 Evening Wind Down	22 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 iN2L: Follow the Sequence 11:00 Lunch 12:00 Walking with Friends 1:15 Snow Ball Toss Game 2:00 Popcorn Station 3:00 January IQ Trivia 4:00 Dinner 5:30 Farm Animals Webcam 7:00 Evening Wind Down	
23 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Timeslips 2:00 Sip and Share 3:00 Worship Service 4:00 Dinner 5:30 Virtual Music 7:00 Evening Wind Down	Martin Luther King Day 24 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 iN2L: Transitions Trivia 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink: String Art (CC) 2:00 Sip and Show (CC) 3:00 Bible Study (CC) 4:00 Dinner 5:30 Classic Movies: Calendar Girl 7:00 Evening Wind Down	25 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Stretch & Strengthen 10:30 iN2L: Brain Aerobics 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Shaving Cream Marbling Art 2:00 Sip and Show 3:00 Gourmet Coffee Crossword 4:00 Dinner 5:30 TED ED: Solar Panels 7:00 Evening Wind Down	26 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Word Grid 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Super power Balls 2:00 Sip and Taste 3:00 The Survivor the Holocaust (CC) 4:00 Dinner 5:30 What is WOW Art 7:00 Evening Wind Down	27 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Windy Knoll Farm Ice Cream 2:00 Sip and Mingle 3:00 Astrology: Word Associate 4:00 Dinner 5:30 Classic TV: Bonanza 7:00 Evening Wind Down	28 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Music with Mary Sue 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Personal Self Care 2:00 Sip and Make a New Friend 3:00 Happy New Year! Crossword 4:00 Dinner 5:30 Babies Funny Videos 7:00 Evening Wind Down	29 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light and Lively 10:30 iN2L: Life Skills 11:00 Lunch 12:00 Walking with Friends 1:15 Reminiscing: Hiking 2:00 Popcorn Station 3:00 Hidden Women in Science 4:00 Dinner 5:30 Kitten Rescue Webcam 7:00 Evening Wind Down	
30 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Family Feud 2:00 Sip and be Social 3:00 Worship Service 4:00 Dinner 5:30 Radio Garden 7:00 Evening Wind Down	31 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Around the World 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink: Spa Day (CC) 2:00 Sip and Mingle (CC) 3:00 Bible Study (CC) 4:00 Dinner 5:30 Classic Movies: Behave Yourself 7:00 Evening Wind Down	