




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Mind Fitness 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Groundhog Pudding Cups (CC) 2:30 Sip and Taste (CC) 3:00 Predict before Phil 3:30 Groundhog Day Trivia 4:00 Dinner 5:30 Movie: Groundhog Day 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 iN2L: Chair Yoga 10:30 Watch Phil Furry Forecaster 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Valentine Wreaths (CC) 2:30 Sip and Show (CC) 3:00 Punxsutawney Phil Crossword 4:00 Dinner 5:30 Classic Radio: Bob Hope 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Services (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nelly Fox Bowling 2:30 Sip and Mingle 3:00 Groundhog Day Word Jumble 4:00 Dinner 5:30 Classic TV: Mickey Rooney 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice w/ Rob 10:30 iN2L: Finish the Lyrics 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Corn Dog Mini Muffins 2:30 Sip and Taste 3:00 Change the First Letter Word Game 4:00 Dinner 5:30 Travel To Cameroon 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Timeslips 2:30 Sip and Share 3:00 Who Am I? " Duke Ellington" 4:00 Dinner 5:30 Funny Videos 7:00 Evening Wind Down
6	7	8	9	10	11	12
6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 iN2L: Meditation Time 10:30 Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Secret Babe Ruth Quote 2:30 Memory Café 3:00 Worship Services 4:00 Dinner 5:30 Puppy Webcam 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit & Be Fit 10:30 iN2L: Finish the Sequencing 11:00 Lunch 12:00 Walking with Friends 1:15 Memories in the Making 2:30 Sip and Discuss 3:00 Bible Study 4:00 Dinner 5:30 TED Talks: Energy Source 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: Happy Neuron 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Nail Care (CC) 2:30 Sip and Make a New Friend (CC) 3:00 Cranium Crunches 4:00 Dinner 5:30 Classic Movie: Uncertain Feeling 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 iN2L: Express Toning 10:30 Dance Class w/ Jess 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Personalize Valentine Banners (CC) 2:30 Sip and Show 3:00 Black History Crossword 4:00 Dinner 5:30 Classic Radio: Grand Ole Opry 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Services (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Windy Knoll Farm Ice Cream 2:30 Sip and Mingle 3:00 Langston Hughes Code Message 4:00 Dinner 5:30 Classic TV: Bonanza 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice w/ Rob 10:30 iN2L: Name That Tune 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Red Velvet Cupcakes 2:30 Sip and Taste 3:00 The Music Inspired by the Civil Rights Movement 4:00 Dinner 5:30 Travel To New Hampshire 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing Through the Decades 10:30 iN2L: Brain Aerobics 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Be Mine Brownies 2:30 Furry Tea Time 3:00 Black History Milestones: Timeline 4:00 Dinner 5:30 Inspirational Videos 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>13</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Watch Puppy Bowl 2022 (CC) 2:30 Postgame Puppy Social (CC) 3:00 Worship Services 4:00 Dinner 5:30 Kitten Rescue Webcam 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 Dancing Celebration 10:30 Sudoku 11:00 Lunch 12:00 Walking with Friends 1:15 Sharpen Your Senses 2:30 Hot Cocoa Hour 3:00 Bible Study 4:00 Dinner 5:30 TED Ed: Mayan Twins 7:00 Evening Wind Down</p> <p>Valentine's Day</p>	<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Toning Leg &amp; Abs 10:30 The Ungame 11:00 Lunch 12:00 Walking with Friends 1:15 Bowling For Hearts (CC) 2:30 Valentine Day Social (CC) 3:00 Love Is In The Air Trivia 4:00 Dinner 5:30 Classic Movie: A Star Is Born 7:00 Evening Wind Down</p>	<p>16</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Seatworks 10:30 Word Boggle 11:00 Lunch 12:00 Walking with Friends 1:15 Valentine Bingo (CC) 2:30 February Birthday Celebration (CC) 3:00 That's So "Sweet" 4:00 Dinner 5:30 Classic Radio: Duke Ellington 7:00 Evening Wind Down</p>	<p>17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Services (CC) 10:30 Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Duckpin Bowling 2:30 Sip and Mingle 3:00 Happy Valentine's Day Crossword 4:00 Dinner 5:30 Classic TV: Ozzie &amp; Harriet 7:00 Evening Wind Down</p>	<p>18</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice w/ Rob 10:30 What's That Sound 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Personal Care 2:30 Iced Tea Time 3:00 Romance Movie Word Game 4:00 Dinner 5:30 Travel To Canada 7:00 Evening Wind Down</p>	<p>19</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Tai Chi 10:30 Brain Teasers 11:00 Lunch 12:00 Walking with Friends 1:15 Memory Magic 2:30 Sip and Share 3:00 Who Am I? "John Lewis" 4:00 Dinner 5:30 Broadway Musicals Videos 7:00 Evening Wind Down</p>	
<p>20</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Stretch &amp; Strengthen 10:30 Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Presidential Firsts Trivia 2:30 Sip and Be Social 3:00 Worship Services 4:00 Dinner 5:30 Panda Webcam 7:00 Evening Wind Down</p>	<p>21</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Star &amp; Stripes 10:30 The Game of Things 11:00 Lunch 12:00 Walking with Friends 1:15 Reminiscing: President's Day 2:30 Sip and Mingle 3:00 Bible Study 4:00 Dinner 5:30 TED Talks: Future Flight 7:00 Evening Wind Down</p> <p>President's Day</p>	<p>22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 Millionaire 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Cherry Tree Art (CC) 2:30 Sip and Show (CC) 3:00 Not-So-Presidential Code Names 4:00 Dinner 5:30 Classic Movie: Heartbeat 7:00 Evening Wind Down</p>	<p>23</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing Around the World 10:30 Family Feud 11:00 Lunch 12:00 Walking with Friends 1:15 Craft Creation: Design Your Mardi Gras Mask (CC) 2:30 Sip and Discuss (CC) 3:00 History of the Washington Monument &amp; Lincoln Memorial 4:00 Dinner 5:30 Classic Radio: Gene Autry 7:00 Evening Wind Down</p>	<p>24</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Services (CC) 10:30 Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Meadows Frozen Custard 2:30 Sip and Make a New Friend 3:00 President Day Crossword 4:00 Dinner 5:30 Classic TV: Lone Ranger 7:00 Evening Wind Down</p>	<p>25</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice w/ Rob 10:30 Wheel of Fortune 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Orange Cream Cupcakes 2:30 Sip and Taste 3:00 Needlework Detective 4:00 Dinner 5:30 Travel To Utah 7:00 Evening Wind Down</p>	<p>26</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light &amp; Lively 10:30 Would You Rather 11:00 Lunch 12:00 Walking with Friends 1:15 Shake Loose a Memory 2:30 Popcorn Station 3:00 Who An I? "Maya Angelou" 4:00 Dinner 5:30 Surprise! Videos 7:00 Evening Wind Down</p>	
<p>27</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men: Tic-Tac-Toe Bean Bag 2:30 Cocktail Hour w/ Mac 3:00 Worship Services 4:00 Dinner 5:30 Farm Animals Webcam 7:00 Evening Wind Down</p>	<p>28</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit &amp; Be Fit 10:30 Pictionary 11:00 Lunch 12:00 Walking with Friends 1:15 Scrapbooking Memories 2:30 Sip and Taste 3:00 Bible Study 4:00 Dinner 5:30 TED Ed: Space Elevator 7:00 Evening Wind Down</p>	<p><i>Chambersburg</i></p> <p><b>CONNECTIONS</b>  <b>FEBRUARY 2022</b></p>					