




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:00 Activities Of Daily Living 8:00 Breakfast & Cafe Espresso 9:00 Biblical Stories and Prayer 9:30 Move it, Shake it, Lift it 10:00 Science Experiments 11:00 Cider Sippers 11:30 Lunch 12:30 Chocolate Bingo 1:30 Music Trivia: 1950's 2:15 York Music Therapy 3:15 Afternoon Stretch 3:30 iN2L: Occupation Identification 4:30 Dinner 6:30 Relax and Rewind	2 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Historical Art & Trivia 11:30 Lunch 1:15 Create & Design with Friends: Squirt Gun Painting 2:00 Ed-U Presentation: Ravens Ridge Wildlife Center 3:30 Snacks and Hydration 4:30 Dinner 6:00 Wind Down with Sound	3 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Fresh Watermelon & Weekly Brain Games 11:30 Lunch 1:15 Memory Magic with Friends 1:30 Midweek Worship Service with Chaplain Shawn 2:30 Musical Entertainment by Holly Aughenbaugh 3:30 Cocktail Hour: Shirley Temples 4:30 Dinner 5:30 Tip Top Nail Spa 6:30 Movie Night	4 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Coast Guard Trivia & Facts 11:30 Lunch 1:00 Bingo! 2:30 Devotions with Chaplain Shawn 3:30 Snacks & Sippers 4:30 Dinner 5:30 Family Game Night 6:00 Relax and Unwind	5 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Fitness Friday 10:30 Name That Tune 11:30 Lunch 1:00 Culinary Creations: Southern Comfort Food 3:00 Food Truck Friday: Sarah's Creamery Ice Cream 4:30 Dinner 6:00 Evening Winddown	6 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Spot the Difference 11:30 Lunch 1:00 Bingo! 2:30 Root Beer Floats 3:30 Outdoor Nature Walk 4:30 Dinner 5:30 Tip Top Nail Spa 6:30 Rhythmic Relaxation
7 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Fit to the Core Club 10:00 Catholic Mass 10:30 Reminiscing Friendships 11:30 Lunch 1:30 Church Service with Chaplain Shawn 2:30 Lighthouses 101 3:30 Summer Spritzers 4:30 Dinner 5:30 Relax & Rewind	8 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Monday Muscle Club 10:30 Garden Club 11:30 Lunch 1:15 KPETS Visit 2:15 York Music Therapy 3:15 Root beer Floats 3:45 Outdoor Stroll in Courtyard 4:30 Dinner 6:30 Rhythmic Relaxation with Music	9 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Fit To The Core Club 10:30 Morning Stroll in the Courtyard 11:30 Lunch 1:30 Create & Design With Friends 2:30 Afternoon Stroll in Courtyard 3:30 Family Feud 4:30 Dinner 6:30 Relax and Rewind	10 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Evolution of Elephants 11:30 Lunch 1:15 Memory Magic with Friends 1:30 Midweek Worship Service 2:30 Musical Entertainment with Holly Aughenbaugh 3:30 Cocktail Hour: S'mores Drink 4:30 Dinner 5:30 Tip Top Nail Spa 6:30 Movie Night: Wild Babies	11 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Presidents Trivia & Jokes 11:00 Dover Valley Restaurant Out- ing with Club 11:30 Lunch 1:00 Bingo! 3:00 Grateful Drumming With Joe 3:30 Snacks & Sippers 4:30 Dinner 5:30 Family Game Night 6:30 Rhythmic Relaxation	12 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 World Travels: Barbados 11:30 Lunch 1:15 Culinary Creations: Macaroni Pie 2:30 Macaroni Munchies 3:30 iN2L: Discussion Starters 4:30 Dinner 5:30 Movie Night: Sea Beast	13 7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Morning Fitness 10:30 American History Trivia 11:30 Lunch 1:00 Common Sayings 1:30 Balloon Volleyball 2:30 Ice Pop Social 3:00 Afternoon Stretch 3:15 Family Feud 4:30 Dinner 6:30 Evening Winddown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Fit to the Core Club 10:00 Bible Study 10:30 Bible Trivia 11:00 Common Sayings: Bible Edition 11:30 Lunch 1:30 Church Service with Chaplain Shawn 2:15 Ice Cream Sundaes 3:00 iN2L: Left Hand Right Hand 4:30 Dinner 5:30 Relax & Rewind</p>	<p>15</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Fitness Class 10:30 Bingo 11:30 Lunch 1:15 iN2L: Three of a Kind 2:15 York Music Therapy 3:00 Creative Arts with Blazing Sun Pottery 4:30 Dinner 6:30 Evening Winddown</p>	<p>16</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 iN2L: Memory Functions 11:30 Lunch 1:15 Create & Design with Friends: Rock Painting 2:30 Wheel of Fortune 3:30 Hydration Station 4:30 Dinner 7:00 Wind Down with Sound</p>	<p>17</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Baby Boomers Rewind 11:30 Lunch 1:15 Memory Magic with Friends 1:30 Midweek Worship Service 2:30 Musical Entertainment with Holly Aughenbaugh 3:30 Cocktail Hour 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Afternoon Meditation</p>	<p>18</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Brain Busters 11:30 Lunch 1:00 Bingo! 2:00 Blind Ice Cream Flavors Taste Test Challenge 2:30 Devotions with Chaplin Shawn 3:30 Sweet Treats 4:30 Dinner 5:30 Family Game Night</p>	<p>19</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Friday Fitness Club 10:30 Frog Trivia 10:45 Turtle Trivia 11:30 Lunch 1:00 Stroll Around Courtyard 2:00 National Senior Citizens Day Celebration 4:30 Dinner 6:00 Rhythmic Relaxation</p>	<p>20</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Music Trivia 11:30 Lunch 1:00 Bingo! 2:30 Outdoor Games 3:00 Musical Entertainment with Tom & Randy 4:30 Dinner 5:30 Tip Top Nail Spa 6:30 Rhythmic Relaxation</p>
<p>21</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Fit to the Core Club 10:00 Catholic Mass 10:30 Bible Trivia 11:30 Lunch 1:30 Church Service with Chaplain Shawn 2:30 Senior Care Conversations 3:30 Popsicle Treat 4:30 Dinner 5:30 Relax & Rewind</p>	<p>22</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Fit To The Core Club 10:30 Family Feud 11:30 Lunch 1:15 KPETS Visits 2:15 York Music Therapy 3:15 Carnival Games 4:30 Dinner 6:00 Movie Night: Night At The Museum</p>	<p>23</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:00 Bible Study 9:30 Morning Workout 10:00 Superhero Trivia 10:30 Morning Stroll in Courtyad 11:30 Lunch 1:15 Create & Design with Club 2:30 Popcorn and Soda Social 3:00 Indoor Bowling 4:30 Dinner 6:30 Rhythmic Relaxation</p>	<p>24</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Family Feud 11:30 Lunch 1:15 Memory Magic with Friends 1:30 Midweek Worship Service 2:30 Musical Entertainment with Holly Aughenbaugh 3:30 Cocktail Hour 4:30 Dinner 5:30 Tip Top Nail Spa Club</p>	<p>25</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Conversation Starters 11:30 Lunch 1:00 Bingo! 2:30 Devotions with Chaplin Shawn 3:30 Outdoor Fun! 4:30 Dinner 5:30 Family Game Night</p>	<p>26</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 World Travels: Iceland 11:30 Lunch 1:15 Culinary Creations: Icelandic Cocoa Soup 2:30 Social Hour & Cocoa Soup 3:30 Name That Item! 4:30 Dinner 5:30 Movie Night</p>	<p>27</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily News and Happenings 10:00 Get In Shape Club 10:30 Bible Study 11:00 Brain Busters 11:30 Lunch 1:00 Nerf Gun Target Practice 2:00 Candy Samplers 3:00 Evening Stroll in Courtyard 4:30 Dinner 6:30 Evening Wind Down</p>
<p>28</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Seated Exercise 10:30 Morning Refreshments 11:00 Balloon Taps 11:30 Lunch 1:00 The Price Is Right 1:30 Church Service with Chaplain Shawn 2:30 Biscotti's & Coffee Social 3:30 Cognitive Crunches: Trivia 4:30 Dinner</p>	<p>29</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Bible Study 10:00 Fit to the Core Club 10:30 Daily News & Happenings 11:30 Lunch 1:15 Nature Trivia 2:15 York Music Therapy 3:15 Science Experiments 4:30 Dinner</p>	<p>30</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 The Squeaking Mouse: iN2L 11:30 Lunch 1:15 Create & Design with Friends: Door Hangers 2:30 Outdoor Adventures 3:30 Italian Ice Treats 4:30 Dinner 7:00 Wind Down with Sound</p>	<p>31</p> <p>7:00 Activities of Daily Living 8:00 Breakfast & Cafe Espresso 9:30 Daily Devotions 10:00 Fit to the Core Club 10:30 Weekly Word Games 11:30 Lunch 1:15 Memory Magic With Friends 2:30 Musical Entertainment with Holly Aughenbaugh 3:30 Sangria Mocktails & Cheese 4:30 Dinner 5:30 Tip Top Nail Spa</p>	<p><i>Dover</i></p> <p>CONNECTIONS</p>  <p>AUGUST 2022</p>		