


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Chambersburg</i></p> <h1>CONNECTIONS</h1>  <h1>OCTOBER 2022</h1>						<p>1</p> <p>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 Shake Loose Memory 2:30 Sip and Discuss 3:00 October IQ 3:30 October B-Day Committee 4:00 Dinner 5:30 Ted Talks 7:00 Evening Wind Down</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 Piano Playing w/Bryan Herber 2:30 Sip and Dance 3:00 Worship Service 4:00 Dinner 5:30 Funny Animal Videos 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 Sittercise 10:30 iN2L: Pictionary 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Mingle 3:00 Pretty in Pink: Nail Care 4:00 Dinner 5:30 Art of Woodworking 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 Conductorcise 10:30 iN2L: Weekly Word Game 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: DIY Leaf Forest Animals (CC) 2:30 Sip and Show (CC) 3:00 Wacky Wordies 4:00 Dinner 5:30 National Parks: Oregon 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 iN2L: Mind Fitness 10:30 Dance Class with Jess 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Hershey Kisses Acorn (CC) 2:30 Sip and Taste (CC) 3:00 Matter of Time Crossword 4:00 Dinner 5:30 The Art of Watercolors 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: Martin's Potato Roll Museum (CC) 2:30 Sip And Mingle 3:00 EZ Does It Trivia 4:00 Dinner 5:30 Let's Make Art 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 Latin Soul 10:30 iN2L: Name That Song 11:00 Lunch 12:00 Walking with Friends 1:15 Book Club CH1: An Autumn Walk in the Park 2:30 Sip and Discuss 3:00 Which Came First? 4:00 Dinner 5:30 Travel To North America 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 Stretch &amp; Strengthen 10:30 iN2L: Brain Aerobics 11:00 Lunch 12:00 Walking with Friends 1:15 Memories in the Making 2:30 Popcorn Station 3:00 Song About Time 4:00 Dinner 5:30 Classic TV Show 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 Memory Magic 2:30 Snow Cone Station 3:00 Worship Service 4:00 Dinner 5:30 Inspirational Videos 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 Fittersitter 10:30 iN2L: Piggy Banker 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Be Social 3:00 Mountain Men Club: Spa Day 3:30 Polish Proverb Secret Quote 4:00 Dinner 5:30 London Bus Webcam 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 Seatwork 10:30 iN2L: Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Lacing Constellation Art (CC) 2:30 Sip and Show (CC) 3:00 Hidden in the Kitchen 4:00 Dinner 5:30 National Parks: Barbados 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 Sit &amp; Be Fit 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Edible Terrarium (CC) 2:30 Sip and Taste (CC) 3:00 Jessica Snyder Performs (CC) 4:00 Dinner 5:30 Puppy Webcam 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: Planetarium Constellations (CC) 2:30 Sip and Mingle (CC) 3:00 Spelling Massage Therapy 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 9:30 Chair Yoga with Beth 10:00 Tell me a Joke 10:30 iN2L: Who Sang That Tune 11:00 Lunch 12:00 Walking with Friends 1:15 Book Club CH2: An Autumn Walk in the Park 2:30 Sip and Discuss 3:00 Jeopardy Trivia 4:00 Dinner 5:30 Travel to Haiti 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 Sit &amp; Celebrate 10:30 iN2L: Cranium Crunches 11:00 Lunch 12:00 Walking with Friends 1:15 Reminiscing Cards 2:30 Sip and Discuss 3:00 Fall Time Detective 4:00 Dinner 5:30 Ted ED 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 Sharpen Your Senses 2:30 Sip and Share 3:00 Worship Service 4:00 Dinner 5:30 Funny Babies Videos 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 iN2L: Happy Neuron 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Mingle 3:00 Pretty in Pink :Spa Day 3:30 Peanuts Crossword 4:00 Dinner 5:30 Painting w/ Bob Ross 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Star & Stripes 10:30 iN2L: Weekly Crossword 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Autumn Wreath (CC) 2:30 Sip and Show (CC) 3:00 What Am I ? 4:00 Dinner 5:30 National Parks: West Virginia 7:00 Evening Wind Down	19 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Tai Chi 10:30 iN2L: Tell a Joke 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Pumpkin Pie Parfaits (CC) 2:30 Sip and Taste (CC) 3:00 A Colorful Message 4:00 Dinner 5:30 Travel w/ Rick Steves 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 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Country Creek Pumpkin Patch (CC) 2:30 Sip and Mingle (CC) 3:00 Random Trivia 4:00 Dinner 5:30 Art of Folk Art 7:00 Evening Wind Down	21 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practices 10:30 iN2L: Finish The Lyrics 11:00 Lunch 12:00 Walking with Friends 1:15 Book Club CH3: An Autumn Walk in the Park 2:30 Sip and Discuss 3:00 Helping Hand: Pumpkin Snack Bags 4:00 Dinner 5:30 Travel to Washington DC 7:00 Evening Wind Down	22 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Toning & Legs 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Timeslips 2:30 Cotton Candy Station 3:00 Community Trick or Treat 4:00 Dinner 5:30 Classic Movies 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 Scrapbooking Memories 2:30 Sip and Share 3:00 Worship Service 4:00 Dinner 5:30 Broadway Musical 7:00 Evening Wind Down	24 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light & Lively 10:30 iN2L: Wheel of Fortune 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Be Social 3:00 Short Stories: Lost in the Leaves 4:00 Dinner 5:30 Japan Webcam 7:00 Evening Wind Down	25 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: Weekly Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Crate Jack O Lantern (CC) 2:00 Friends Hosting Friend (CC,CL) 3:00 Ghouls Party Time (CC) 4:00 Dinner 5:30 National Parks: Brazil 7:00 Evening Wind Down	26 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Express Toning 10:30 iN2L: Brain Teasers 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Ghost Pizza Bagels (CC) 2:30 Sip and Taste 3:00 Concentration Puzzles 4:00 Dinner 5:30 Hummingbird Webcam 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 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nelly Fox Bowling (CC) 2:30 Sip and Mingle (CC) 3:00 Time Trivia 4:00 Dinner 5:30 Classic Radio Gene Autry 7:00 Evening Wind Down	28 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practices 10:30 iN2L: Name That Sound 11:00 Lunch 12:00 Walking with Friends 1:15 Book Club CH4: An Autumn Walk in the Park 2:30 Sip and Discuss 3:00 What Time Is It ? Bingo 4:00 Dinner 5:30 Travel to Zimbabwe 7:00 Evening Wind Down	29 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing Around the World 10:30 iN2L: Would You Rather? 11:00 Lunch 12:00 Walking with Friends 1:15 Storymatic Rememory 2:30 Sip and Discuss 3:00 Jeopardy 4:00 Dinner 5:30 Great Art Explained 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 Toss N Talk Ball 2:30 Sip and Share 3:00 Worship Service 4:00 Dinner 5:30 Surprise Videos 7:00 Evening Wind Down	31 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Latin Soul 10:30 iN2L: Pictionary 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Mingle 3:00 Pretty in Pink: Pampering Day 3:30 Psalms Alphabet Code 4:00 Dinner 5:30 Virtual Museums 7:00 Evening Wind Down Halloween	<h1>CONNECTIONS</h1>  <h1>OCTOBER 2022</h1> <p><i>Chambersburg</i></p>					