




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 Stretches 10:30 iN2L: Weekly Word Games 11:00 Lunch 12:00 Walking with Friends 1:30 Musical Entertainment w/ Lester Hirsh (CC) 2:30 Sip and Mingle (CC) 3:00 Random Trivia 4:00 Dinner 5:30 Salt TV: The Girls in the Band 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 iN2L: Brain Aerobes 10:30 Dance Class w/ Jess 11:00 Lunch 12:00 Walking with Friends 1:30 Musical Entertainment w/ Robert Twine (CC) 2:30 Sip and Dance (CC) 3:00 Turkey & Football Detective 4:00 Dinner 5:30 Panda Webcam 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:15 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Shatzer Fruit Stand (CC) 2:30 Sip and Be Social (CC) 3:00 Name the State 4:00 Dinner 5:30 Classic Radio: Paul Harvey 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: What's That Sound ? 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink: Nail Care 2:30 Sip and Discuss 3:00 November IQ 4:00 Dinner 5:30 Salt TV Show: Graham Kerr's Kitchen 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light & Lively 10:30 iN2L: Dingbats 11:00 Lunch 12:00 Walking with Friends 1:15 Memories in the Making 2:30 Memory Café 3:00 Jeopardy Trivia 4:00 Dinner 5:30 Travel With Rick Steves 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 Meditation Time 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:30 Piano Playing w/ Bryan Herber 2:30 Sip and Dance 3:00 Worship Service 4:00 Dinner 5:30 SATM Radio Show 7:00 Evening Wind Down Daylight Saving Ends	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Fittersitter 10:30 iN2L: Dancing Fireflies 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Hot Cocoa Time 3:00 November B-Day Committee 3:30 Fast-Food Logos 4:00 Dinner 5:30 Candid Camera Videos 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Stretch & Strengthen 10:30 iN2L: Weekly Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Poppy Pinwheel (CC) 2:30 Sip and Show (CC) 3:00 Concentration Puzzles 4:00 Dinner 5:30 Salt TV: Dreamcatchers 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Star & Stripes 10:30 iN2L: Cranium Crunches 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Patriotic Jell-O Shots (CC) 2:30 Sip and Taste (CC) 3:00 Can You Picture This ? 4:00 Dinner 5:30 Kitten Rescue Webcam 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:15 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nelly Fox Bowling (CC) 2:30 Sip and Be Social (CC) 3:00 Soap Opera Crossword 4:00 Dinner 5:30 Classic Radio: You Bet Your Life 7:00 Evening Wind Down	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 Club: Pampering Day 2:30 Honoring Our Veterans Social 3:00 Short Story: Fate According to Scrabble 4:00 Dinner 5:30 Salt TV Show: Finding America 7:00 Evening Wind Down Veteran's Day	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Tell Me A Joke 11:00 Lunch 12:00 Walking with Friends 1:15 Memory Magic 2:30 Sip and Be Social 3:00 Giant Dominoes 4:00 Dinner 5:30 Travel to Bolivia 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 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 Storymatica Rememory 2:30 Sip and Mingle 3:00 Worship Service 4:00 Dinner 5:30 Inspirational Kids Videos 7:00 Evening Wind Down	14 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Conductorcise 10:30 iN2L: Word Search 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Toss N Talk Ball 4:00 Dinner 5:30 Funny Babies Videos 7:00 Evening Wind Down	15 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 iN2L: Weekly Crossword 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Apple Cider Cupcake (CC) 2:30 Sip and Taste (CC) 3:00 Wacky Wordies 4:00 Dinner 5:30 Salt TV: Planetary 7:00 Evening Wind Down	16 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 iN2L: Mind Fitness 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Turkey Terracotta Pot (CC) 2:30 Sip and Show (CC) 3:00 Ez Does it Trivia 4:00 Dinner 5:30 Puppies Webcam 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:15 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nature Ride (CC) 2:30 Sip and Be Social 3:00 Checker Tournament 4:00 Dinner 5:30 Classic Radio: The Bickersons 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Name That Song ? 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink: Pampering Day 2:30 Hot Cocoa Time 3:00 New England Road Trip Detective 4:00 Dinner 5:30 Salt TV Show: Classic Cars 7:00 Evening Wind Down	19 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Annual Greencastle Christmas Parade 10:30 iN2L: Pictionary 11:00 Lunch 12:00 Walking with Friends 1:15 Timeslips 2:30 Sip and Be Social 3:00 Modern Jeopardy Trivia 4:00 Dinner 5:30 Travel to Maine 7:00 Evening Wind Down
20 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 Scrapbooking Memories 2:30 Sip and Mingle 3:00 Worship Service 4:00 Dinner 5:30 SATM Radio Show 7:00 Evening Wind Down	21 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Seatworks 10:30 iN2L: Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Reminiscing Cards 4:00 Dinner 5:30 Funny Animals Videos 7:00 Evening Wind Down	22 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Weekly Word Search 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: I am Thankful Pumpkin (CC) 2:30 Sip and Show (CC) 3:00 Which What? Word Game 4:00 Dinner 5:30 Salt TV: Mona Lisa is Missing 7:00 Evening Wind Down	23 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Oreo Turkey Cookies (CC) 2:30 Sip and Taste (CC) 3:00 Can You Guess? East or West 4:00 Dinner 5:30 Polar Bears Webcam 7:00 Evening Wind Down	24 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Macy's Thanksgiving Day Parade 10:15 Worship Service (CC) 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Bingo 2:30 Friendsgiving Social (CC) 3:00 Jeopardy Trivia (CC) 4:00 Dinner 5:30 Classic Radio: Bob Hope 7:00 Evening Wind Down Thanksgiving Day	25 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Who Sings That Tune ? 11:00 Lunch 12:00 Walking with Friends 1:15 Mountain Men Club: Games 2:30 Furry Tea Time 3:00 Short Story: The Loaner Car 4:00 Dinner 5:30 Salt TV Show: Stories of Horses 7:00 Evening Wind Down	26 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 iN2L: Would You Rather 11:00 Lunch 12:00 Walking with Friends 1:15 Shake Loose Memory 2:30 Sip and Be Social 3:00 Indoor Bowling 4:00 Dinner 5:30 Travel to Chad 7:00 Evening Wind Down
27 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 Sharpen Your Senses 2:30 Sip and Mingle 3:00 Worship Service 4:00 Dinner 5:30 Inspirational Seniors Videos 7:00 Evening Wind Down	28 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit & Be Fit 10:30 iN2L: Classic Trivia 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Pretty in Pink: Spa Day 4:00 Dinner 5:30 Have A Laugh Videos 7:00 Evening Wind Down	29 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Toning Legs& ABS 10:30 iN2L: Piggy Banker 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Christmas Wreath (CC) 2:30 Sip and Show (CC) 3:00 Fill in the Simile 4:00 Dinner 5:30 Salt TV: Call Me Elizabeth 7:00 Evening Wind Down	30 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Tai Chi 10:30 iN2L: Happy Neuron 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: No Bake Pumpkin Pie (CC) 2:30 Sip and Taste (CC) 3:00 A Punny Secret Quote 4:00 Dinner 5:30 Broadway Musicals Videos 7:00 Evening Wind Down	<p style="text-align: center;"><i>Chambersburg</i> CONNECTIONS</p>  <p style="text-align: center;">NOVEMBER 2022</p>		