


Chambersburg

CONNECTIONS



JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Mind Fitness 11:00 Lunch 12:00 Walking with Friends 1:00 Worship Service 2:30 Popcorn Station 3:00 Storymatice Rememory 3:30 iN2L: Hymns 4:00 Dinner 5:30 Funny Babies Videos 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 Sittercise 10:30 iN2L: Pictionary 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Pretty in Pink: Spa Day 3:30 Birthday Committee Meeting 4:00 Dinner 5:30 Sing with Susie Q 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 Chair Yoga 10:30 iN2L: Wordle 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Wonton (CC) 2:30 Sip and Taste (CC) 3:00 Can you Picture This? 3:30 Mountain Men Club: Spa Day 4:00 Dinner 5:30 The Carol Burnett Show 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: Brain Aerobics 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Origami Rabbit (CC) 2:30 Sip and Show (CC) 3:00 Chinese Folklore: Story of the Jade Rabbit 4:00 Dinner 5:30 Virtual Museums 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 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 Is It Groovy In The 1960s? 3:30 Secret Champagne Quote 4:00 Dinner 5:30 Ted Talks 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 Band Practice 10:30 iN2L: What's That Sound 11:00 Lunch 12:00 Walking with Friends 1:15 60s Bingo 2:30 Sip and Mingle 3:00 Cereals Of The '60s 3:30 New Year's Eve Message 4:00 Dinner 5:30 London Bus Webcam 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 Simply Stretch 10:30 iN2L: Tell a Joke 11:00 Lunch 12:00 Walking with Friends 1:15 Memories in the Making 2:30 Sip and Share 3:00 The Price Was Right: 1960s 4:00 Dinner 5:30 Farm Animals Webcam 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 Aromatherapy 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Scrapbooking Memories 2:30 Cotton Candy Station 3:00 Worship Service 3:30 iN2L: Hymns 4:00 Dinner 5:30 Funny Animal Videos 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 Fittersitter 10:30 iN2L: Weekly Word Scramble 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Pretty in Pink: Nail Day 3:30 Cuisine Panel Meeting 4:00 Dinner 5:30 SARM Radio 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 Stretch & Stretches 10:30 iN2L: Family Feud 11:00 Lunch 11:00 Diners Caravan: Panda Buffet (CC) 12:00 Walking with Friends 1:15 Remembering-Listen To Music 2:30 Sip and Be Social 3:00 Checkers Team 3:30 Mountain Men Club: Ring Toss 4:00 Dinner 5:30 Three Stooges- Malice in the Palace 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 iN2L: Would You Rather 10:30 Dance Class with Jess 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Basket Weaving (CC) 2:30 Sip and Show (CC) 3:00 Jessica Snyder Performs (CC) 4:00 Dinner 5:30 Paint with Bob Ross 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 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Drama Club Presents: Tradition For a New Years (CC) 2:30 Meet and Greet (CC) 3:00 Which Decade Is It? 3:30 San Francisco Crossword 4:00 Dinner 5:30 Ted-ED Talks 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 Band Practice 10:30 iN2L: Name That Song 11:00 Lunch 12:00 Walking with Friends 1:15 Book Club: Flea Market Find 2:30 Sip and Mingle 3:00 Word Rhymes with SNOW 3:30 1960s Detective 4:00 Dinner 5:30 DC Airport 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 Light & Lively 10:30 iN2L: Word Wipe 11:00 Lunch 12:00 Walking with Friends 1:15 Memory Magic 2:30 Sip and Share 3:00 Happy New Year IQ 3:30 '60s Word Fads 4:00 Dinner 5:30 Puppies Webcam 7:00 Evening Wind Down</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Brain Teasers 11:00 Lunch 12:00 Walking with Friends 1:15 Timeslips 2:30 Memory Café 3:00 Worship Service 3:30 iN2L: Hymns 4:00 Dinner 5:30 Broadway Videos 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 Tai Chi 10:30 iN2L: Weekly Crossword 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Martin Luther King: I Have A Dream Speech 4:00 Dinner 5:30 Music with Mary Sue 7:00 Evening Wind Down</p> <p>Martin Luther King, Jr Day</p>	<p>17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit & Be Fit 10:30 iN2L: Sheffer Crossword 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Fortune Cookies (CC) 2:30 Sip and Taste (CC) 3:00 Pretty in Pink: Spa Day 3:30 Word Boggle 4:00 Dinner 5:30 Have A Laugh Videos 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 Seatwork 10:30 iN2L: Have You Ever 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Cherry Bloom Tree (CC) 2:30 Sip and Show (CC) 3:00 MLK Day Message 3:30 Write Word Game: MLK Edition 4:00 Dinner 5:30 History of Folk Art 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 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Windy Knoll Farm (CC) 2:30 Sip and Be Social (CC) 3:00 Words Associate 1960s 3:30 Mountain Men Club: Pampering Day 4:00 Dinner 5:30 A Guided Tour In The World 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 Band Practice 10:30 iN2L: Who Sang That Tune 11:00 Lunch 12:00 Walking with Friends 1:15 Giant Uno Cards 2:30 Sip and Mingle 3:00 1960s History Crossword 3:30 Chinese New Year Secret Wish 4:00 Dinner 5:30 Santa Monica 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 Music in Motion 10:30 iN2L: Family Feud 11:00 Lunch 12:00 Walking with Friends 1:30 Night Wonder of Astronomy: Touring our Planetary System 2:30 Sip and Be Social 3:00 Wacky Wordies 3:30 Dice Bowling 4:00 Dinner 5:30 Polar Bears Webcam 7:00 Evening Wind Down</p>	
<p>22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Happy Neuron 11:00 Lunch 12:00 Walking with Friends 1:15 Reminiscing Cards 2:30 Sip and Share 3:00 Worship Service 3:30 iN2L: Hymns 4:00 Dinner 5:30 Virtual Cooking Videos 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 Conductorcise 10:30 iN2L: Weekly Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Pretty in Pink: Nail Care 3:30 Concentration Puzzles 4:00 Dinner 5:30 Radio Garden 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 Sit & Celebration 10:30 iN2L: Wordscapes 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Rice Cake (CC) 2:30 Chinese New Year Social CC) 3:00 Chinese History: Dynasties, Confucius, and the First Emperor 4:00 Dinner 5:30 Long John Silver 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 iN2L: Dancing Fireflies 10:30 Dance Class With Jess 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Chinese Lantern (CC) 2:30 Sip and Show (CC) 3:00 Holiday Cleanup Detective 3:30 Mountain Men Club: Football Pass it On 4:00 Dinner 5:30 The Art of Dance 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 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:30 Day Excursion: Grayce Gardens (CC) 2:30 Sip and Be Social (CC) 3:00 Helping Hands: Holiday Card Basket 4:00 Dinner 5:30 Travel with Rick Stevens 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 Band Practice 10:30 iN2L: Word Grid 11:00 Lunch 12:00 Walking with Friends 1:15 Drama Club Presents: Together Again? 2:30 Sip and Mingle 3:00 Remembering Folk Songs Of The '60 3:30 Tic Tac Toe Bean Bag 4:00 Dinner 5:30 Venice 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 Chair Strengthen 10:30 iN2L: Karaoke 11:00 Lunch 12:00 Walking with Friends 1:15 Toss N Talk Ball 2:30 Sip and Share 3:00 Name That '60sTune 3:30 Bottle Ring Toss 4:00 Dinner 5:30 Kitten Rescue Webcam 7:00 Evening Wind Down</p>	
<p>29</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Cranium Crunches 11:00 Lunch 12:00 Walking with Friends 1:15 Sharpen Your Senses 2:30 Sip and Mingle 3:00 Worship Service 3:30 iN2L: Hymns 4:00 Dinner 5:30 Inspirational Videos 7:00 Evening Wind Down</p>	<p>30</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Toning Legs & ABS 10:30 iN2L: Weekly Word Search 11:00 Lunch 12:00 Walking with Friends 1:15 Bible Study 2:30 Sip and Discuss 3:00 Pretty in Pink: Spa Day 3:30 Giant UNO Cards 4:00 Dinner 5:30 Classic Radio 7:00 Evening Wind Down</p>	<p>31</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair: Latin Soul 10:30 iN2L: Piggy Banker 11:00 Lunch 12:00 Walking with Friends 1:15 1960s Bingo 2:30 Exploring China: Mocha Balls 3:00 Friends Hosting Friends (CC,CL) 3:30 iN2L: Travel to China 4:00 Dinner 5:30 John Wayne McClintock 7:00 Evening Wind Down</p>	<p><i>Chambersburg</i></p> <p>CONNECTIONS</p>  <p>JANUARY 2023</p>				