


Dover

# CONNECTIONS



# FEBRUARY 2023

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|--|---|---|--|
|   |   |   | 1  | 2   | 3   | 4  |
|   |   |   | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Weekday Workout<br>10:15 Memory Magic w/Club<br>11:30 Lunch<br>1:00 Parachute Games<br>2:15 Soda Sippers & Popcorn<br>2:15 Automobile Parts Trivia<br>2:30 Zany Zoom In<br>3:00 Ball Toss Discussions<br>3:30 Counting Change<br>4:00 Anagrams & Homonym Trivia<br>4:30 Dinner<br>6:30 Movie Marathon:<br>Romance Movies | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Breakin' A Sweat Workout<br>10:00 Punxsutawney Phil History<br>10:30 Groundhog's Day Trivia<br>11:00 Local News & Current Events<br>11:30 Lunch<br>1:00 Bible Study<br>1:00 Valentine Dart Game<br>1:30 Laughing Out Loud: Jokes<br>2:15 Hot Cocoa Bar<br>2:30 Devotions w/Chaplain Shawn<br>3:00 Afternoon Sing-Along<br>3:30 Sweet Tea Sippers<br>4:00 Jokes & Riddles<br>4:30 Dinner | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Friday Fitness<br>10:00 Morning News & Weather<br>10:30 Valentines History & Trivia<br>11:00 Common Sayings<br>11:30 Lunch<br>1:15 Culinary Creations: Kiss<br>Cookies<br>2:30 History Review: Rosie The<br>Riveter<br>3:00 Fitness Fun w/Club<br>3:30 Lemonade Sippers &<br>Common Sayings<br>4:00 Giant Pong<br>4:30 Dinner | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Weekend Warrior Workout<br>10:00 Bible Study<br>10:30 Amazing News & Stories<br>11:00 Butterfly Fun Facts!<br>11:30 Lunch<br>4:30 Dinner<br>1:15 Making Personal Pizza's<br>2:45 Black History Trivia<br>3:15 Hot Apple Cider Sippers<br>3:45 Bible Story Trivia<br>4:30 Dinner<br>6:30 Musical Mania  |
| 5   | 6   | 7   | 8  | 9   | 10  | 11   |
| 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Sunday Funday Workout<br>10:00 Bingo & Bacon<br>11:30 Lunch<br>1:00 Name That Bird Call<br>1:30 Church Service w/<br>Chaplain Shawn<br>2:00 Sunday Sundaes<br>2:45 Chocolate Trivia<br>3:00 The History of Cupid<br>3:30 Bowling/Soccer<br>4:30 Dinner<br>6:30 Movie Matinee: Disney<br>Originals | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Monday Muscle Club<br>10:00 Sports Highlights & Weather<br>10:30 Bible Study<br>11:00 Verb Identification<br>11:30 Lunch<br>1:00 February Trivia<br>1:30 Balloon Volleyball<br>2:15 York Music Therapy w/ Katie<br>3:15 Chocolate Milk & Cookies<br>3:45 Situational Temporal Trivia<br>4:30 Dinner<br>6:30 Movie Marathon:<br>Western Movies | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Toned Tuesday Workout<br>10:00 Spotlight on History:<br>Dr. Suess<br>10:30 Ball Toss Discussion Starters<br>11:00 Cat Trivia<br>11:30 Lunch<br>11:30 Sweetheart's Lunch @<br>Community Room<br>1:15 Create & Design w/Club: Foam<br>Heart Wreath Creations<br>1:00 Ladder Toss<br>2:15 Soda Sippers<br>2:15 Bible Study<br>3:00 Amazing News & Stories<br>3:30 Historical Figures: MLK. Jr<br>4:30 Dinner<br>6:30 A Film Affair: Stand-Up<br>Comedy | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Wednesday Workout<br>10:15 Memory Magic w/Club<br>11:30 Lunch<br>1:00 Afternoon Sing-Along<br>1:00 Making Dog Treats<br>1:30 Bible Study & Trivia<br>2:30 Soda Sipper<br>3:00 Frank Sinatra Impersonator<br>4:30 Dinner<br>6:30 Cinema Stars: Blockbuster<br>Movies  | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Morning Muscle Club<br>10:00 Cops & Firefighter Trivia<br>10:30 Romeo & Juliet Fun Facts<br>11:00 Name That Instrument<br>11:30 Lunch<br>1:00 Indoor Bowling<br>1:00 Tip Top Nail Spa<br>2:00: Common Sayings<br>2:30 Devotions w/Chaplain Shawn<br>3:00 Valentine Card Creations<br>4:30 Dinner<br>6:30 Movie Night:<br>Animated Movies  | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Fitness Friday<br>10:00 Golden Ages Movie Star<br>Trivia<br>10:30 Bible Study<br>11:00 Basic Temporal Trivia<br>11:30 Lunch<br>1:15 Culinary Creations: Home<br>Made Ice Cream<br>2:30 Travel The World: Jamacia<br>3:00 Fitness Fun w/Club<br>3:30 Mocktail Mojito's<br>4:30 Dinner<br>6:30 Game Show Night                  | 7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Senior Sweatin' Club<br>10:00 Bible Study<br>10:30 Amazing News & Stories<br>11:00 Landmark Trivia<br>11:30 Lunch<br>1:00 Tip Top Nail Spa<br>2:00 Hymns Lyric Trivia<br>2:30 Explordle<br>3:00 Tasty Cake Snacks & Sippers<br>3:30 Famous Figures: Billie Holiday<br>4:00 MLK Trivia<br>4:30 Dinner<br>6:30 Blast From the Past:<br>60's Movies |

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |  |
|--|---|---|--|--|---|--|--|
| 12<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Sunday Seated Exercise<br>10:00 Bingo & Cinnamon Buns<br>11:30 Lunch<br>1:00 Butterfly Trivia<br>1:30 Church Service w/ Chaplain Shawn<br>2:00 Sunday Sundaes<br>2:30 Toad Toss<br>3:30 What Did It Cost: 50's Foods and Cars<br>4:30 Dinner<br>6:30 Sunday Scenes: Animal Documentaries | 13<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Monday Muscle Club<br>10:00 Bible Study<br>10:30 Local News & Weather<br>11:00 Time Slips<br>11:30 Lunch<br>1:00 Tip Top Nail Spa<br>2:15 York Music Therapy w/ Katie<br>3:15 Wine About It<br>3:45 Famous Cocktails Trivia<br>4:30 Dinner<br>6:30 Movie Monday: Historical Pieces                          | 14<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Toned Tuesday Workout<br>10:00 Bingo & Bacon<br>11:30 Lunch<br>1:00 Bible Study<br>1:15 Create & Design w/Club: Puppy Valentine Card Holder<br>1:30 Amazing News & Stories<br>2:00 Bonnie & Clyde History<br>3:00 Musical Entertainment: Anna Heckert<br>4:00 Valentines History & Trivia<br>4:30 Dinner<br>6:30 Evening Flicks: Romance Movies                         | 15<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Wednesday Workout<br>10:15 Memory Magic w/Club<br>11:30 Lunch<br>1:00 Parachute Games<br>2:00 Pictionary<br>2:30 Root Beer Floats<br>3:00 Bible Readings: Jacobs Ladder, Walls Of Jericho, & Woman at the Well<br>3:45 Ball Toss Discussion Starters<br>4:30 Dinner<br>6:30 Movie Night: Black History Films       | 16<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Morning Fitness Class<br>10:00 Finish The Book Title<br>10:30 Nursery Rhyme Trivia<br>11:00 Discussion Starters: Independent Living<br>11:30 Lunch<br>11:30 Lunch Outing w/Club: Lyndon Diner<br>1:00 Tie-Dye Creations<br>2:30 Devotions w/ Chaplain Shawn<br>3:00 Balloon Baseball<br>4:30 Dinner<br>6:30 Sing Along w/Suzie Q | 17<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Name That Item: Kitchen<br>10:00 Workout w/Sharmila<br>10:30 Guess The Place<br>11:00 Alpha Order Pics<br>11:30 Lunch<br>1:15 Culinary Creations: Street Foods!<br>3:00 Fitness Fun w/Club<br>3:00 Soda Sippers<br>3:30 Tip Top Nail Spa<br>4:30 Dinner<br>6:30 Blast From the Past: The Sound of Music | 18<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Weekend Workout<br>10:00 Worldle<br>10:30 Picture Prompts: Farm Animals<br>11:30 Lunch<br>1:00 Bingo & Snacks<br>2:30 Winter Trivia<br>3:00 Tom & Randy: Memory Music<br>4:30 Dinner<br>6:30 Saturday Silly's: Comedy Movies   |  |
| 19<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Sunday Funday Fitness<br>10:00 Bingo & Bacon<br>11:30 Lunch<br>1:30 Church Service w/ Chaplain Shawn<br>2:00 Sunday Sundaes<br>2:30 Wacky Word Trivia<br>3:00 Balloon Volleyball<br>4:00 Occupation Identification<br>4:30 Dinner<br>6:30 Movie Matinee: Black Drama's                   | 20<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Monday Muscle Club<br>10:00 Worldle<br>10:30 3-Step Sequencing<br>11:00 Monday Music Sing-Along<br>11:30 Lunch<br>11:30 Lunch Outing: Lyndon Diner<br>1:30 Tip Top Nail Spa<br>2:15 York Music Therapy w/ Katie<br>3:00 Glazing Sun Pottery<br>4:30 Dinner<br>6:30 Movie Manie: Farming Shows (Disney+)     | 21<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Toned Tuesday Workout<br>10:00 Hushpuppies & Memory Magic<br>11:30 Lunch<br>1:15 Create & Design w/Club<br>1:00 Discussion Starters: This or That<br>2:00 Wine Sippers<br>2:30 Bible Study<br>3:00 Nerf Gun Target Practice<br>3:45 PA History & Trivia<br>4:30 Dinner<br>6:30 A Film Affair: Science Fiction   | 22<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Morning Workout<br>10:15 Memory Magic w/Club<br>11:30 Lunch<br>1:00 Picture Prompts: Kitchen<br>1:00 Water Paintings<br>1:30 Baking Peanut Butter Cookies<br>2:00 Worldle<br>2:30 Hot Cocoa Bar<br>3:00 Pictionary<br>3:30 Would You Rather<br>4:00 Afternoon Sing-Along<br>4:30 Dinner<br>6:30 Wednesday Westerns | 23<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>10:45 Celebration Of Life<br>11:30 Lunch<br>1:00 Devotions w/ Chaplain Shawn<br>2:00 Weigelstown Elementary Visit: Balloon Volleyball, Poem Reading, & Gifts.<br>3:30 Rehydration Station<br>4:00 Joking Jester: Jokes & Riddles<br>4:30 Dinner<br>6:30 Game Show Night   | 24<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Friday Fitness Club<br>10:00 Guys & Dolls Trivia<br>10:30 Name That Jingle<br>11:00 Women's History Trivia<br>11:30 Lunch<br>1:15 Culinary Creations: German Stew<br>3:00 Fitness Fun w/Club<br>4:30 Dinner<br>6:30 Friday Night Flicks: Black History Documentaries                                    | 25<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Saturday Sweatin' Hour<br>10:00 Explordle<br>10:30 Famous Figures: Barack Obama<br>11:00 Black History Trivia<br>11:30 Lunch<br>1:00 Tip Top Nail Spa<br>2:00 Balloon Volleyball<br>3:00 Musical Entertainment: Anna Heckert<br>4:30 Dinner<br>6:30 Sing Along w/Suzie Q |  |
| 26<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Morning Fitness<br>10:00 Bingo & Cinnamon Buns<br>11:30 Lunch<br>1:00 Modern Slang Session<br>1:30 Church Service w/ Chaplain Shawn<br>2:00 Sunday Sundaes<br>2:30 Name That Instrument<br>3:00 Giant Pong<br>4:30 Dinner<br>6:30 Sunday Scenes: Romance Movies                          | 27<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Monday Fitness Class<br>10:00 Bible Study<br>10:30 Amazing News & Stories<br>11:00 Monday Morning Sing-Along<br>11:30 Lunch<br>1:00 Nerf Gun Target Practice<br>1:45 Common Sayings<br>2:15 York Music Therapy w/ Katie<br>3:15 Tip Top Nail Spa<br>4:30 Dinner<br>6:30 Monday Movies: Best of Black Cinema | 28<br>7:00 Activities Of Daily Living<br>8:00 Breakfast & Café Espresso<br>9:30 Toned Tuesday<br>10:00 Picture Prompts<br>10:30 Sports Updates<br>11:00 Food & Drink Trivia<br>11:30 Lunch<br>1:15 Create & Design w/Club: Pressed Flower Epoxy Craft<br>1:15 Hymn Sing-Along<br>2:00 Worldle<br>2:30 Bible Study<br>3:00 Can Toss & Lemonade Sippers<br>4:00 Brain Busters: Left Hand, Right Hand<br>4:30 Dinner<br>6:30 Movie Matinee: Fantasy Movies |   |  |   |  |  |