

July College Harbor Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Banking Trip & Post Office 1 10:00 Chair Yoga HR 11:20 Lunch Outing to Datz Downtown St Pete 11:00 Stretching HR 1:15 Cogni Fit GR 2:00 Open Gym WC 2:30 Trip to Fresh Market 4:00 Resident Social HR	8:30 AquaFit at the Pool 2 9:45 Trip to Publix 10:00 Chairobics HR 10:00 Rummikub 3W 11:00 Weight Lifting HR 1:15 CogniFit GR 1:15 Bingo HR 2:00 Open Gym WC 2:30 Group Crosswords MR 3:00 Mexican Train Dominoes GR 3:30 Billiards and Beer GR	10:00 Chair Yoga HR 3 11:00 Stretching Class GR 11:00 Bible Sharing HR 1:00 Bridge 3W 1:15 Cogni Fit GR 2:00 Open Gym WC 4:00 1st Floor Block Party HR	8:30 AquaFit a the Pool 4 10:00 ChExercise GR 10:00 Catholic Mass HR 11:00 Weight Lifting HR *MAIN MEAL WILL BE AT LUNCH* 1:15 Cogni Fit GR 2:00 Fourth of July Piano Music HR 3:00 Cookies & Punch MR	10:00 Rummikub 3W 5 10:15 Chairobics GR 11:00 Non Denominational Chapel Service HR 1:30 Movie Matinee "Forrest Gump" HR 2:00 Chess with Friends MR 2:45 Scrabble Game GR 3:30 Billards and Beer GR
2:00 Sunday Rummikub 3W 6 3:00 Scrabble MR 3:30 Double Deck Pinochle GR (NEW!)	8:30 AquaFit at the Pool 7 10:00 ChExercise HR 10:30 Painting Class with John HR 11:00 Advanced Weight Lifting WC 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit GR 2:00 Open Gym WC. 6:30 Evening Bingo HR	9:00 Banking Trip & Post Office 8 10:00 Chair Yoga HR 10:30 Shopping Trip to Home Goods or Dillards- Tyrone 11:00 Stretching HR 1:15 Cogni Fit GR 2:00 Open Gym WC 4:00 Wine Tasting HR	8:30 AquaFit at the Pool 9 10:00 Chairobics HR 10:00 Rummikub 3W 11:00 Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Open Gym WC 2:30 Group Crosswords MR 3:00 Mexican Train Dominoes HR 3:30 Billiards and Beer GR	10:00 Chair Yoga HR 10 11:00 Stretching Class GR 11:00 Bible Sharing HR 1:15 Cogni Fit GR 2:00 Open Gym WC 2:30 New Resident Orientation HR 4:00 Lemonade Cocktails MR	8:30 AquaFit 11 9:45 Trip to Publix 10:00 ChExercise HR 11:00 Weight Lifting HR 11:20 Lunch Outing to Olive Garden 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Open Gym WC 2:30 "Baseball in Pinellas County" Meet the Author Dan Hirshberg HR **New Presentation** 4:00 4th Floor Block Party 4W	10:00 Rummikub 3W 12 10:15 Chairobics GR 11:00 Non Denominational Chapel Service HR Load 1:20 for FreeFall Theater "House of Future Memory" \$55 2:00 Chess with Friends MR 2:45 Scrabble Game GR 3:30 Billards and Beer GR
2:00 Sunday Rummikub 3W 13 3:00 Scrabble MR 3:30 Double Deck Pinochle GR	8:30 AquaFit at the Pool 14 10:00 ChExercise GR 10:30 Painting Class with John MR 11:00 Advanced Weight Lifting WC 12:00 Veterans Luncheon HR 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit GR 2:00 Open Gym WC 6:30 Evening Bingo HR	9:00 Banking Trip & Post Office 15 10:00 Chair Yoga HR 11:15 Lunch Outing To Colombia Restaurant Clearwater 11:00 Stretching HR 1:15 Cogni Fit GR 2:00 Open Gym WC 2:30 Trip to Aldi Grocery Store 2:30 Piano Music with John HR 4:00 Resident Social HR	8:30 AquaFit 16 10:00 Chairobics HR 10:00 Rummikub 3W 11:00 Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Ping Pong Match GR 2:30 Group Crosswords MR 3:00 Mexican Train Dominoes HR 3:30 Billiards and Beer GR	10:00 Chair Yoga HR 17 10:00 Jewelry By Michele MR 10:45 Load for Art Tour Trip 11:00 Stretching Class GR 11:00 Bible Sharing HR 1:15 Cogni Fit GR 2:00 Open Gym WC 4:00 July Birthday Party HR	8:00 Beachwalk Pass-a-Grille 18 8:30 AquaFit 9:45 Trip to Publix 10:00 Chairobics GR 10:30 Catholic Communion HR 1:15 Bingo HR 1:15 CogniFit GR 2:00 Open Gym WC 2:00 Trip to Kilwins Chocolates 4:00 5th Floor Block Party 5W	10:15 Chairobics GR 19 11:00 No Denominational Chapel Service HR 1:15 Depart for the Grand Opening of The Beach Theatre on Corey Avenue featuring a Historical Documentary and Live Entertainment \$25 2:45 Scrabble Game GR 3:30 Billards and Beer GR
2:00 Musical Program with Will & Michele HR 2:00 Sunday Rummikub 3W 3:00 Scrabble MR 3:30 Double Deck Pinochle GR *Beginning of Shark Week on Discoery Channel at 8Pm*	8:30 AquaFit 20 10:00 ChExercise HR 10:30 Painting Class with John HR 11:00 Advanced Weight Lifting WC 11:30 Activity Planning Meeting 1W 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit GR 2:00 Open Gym WC 6:30 Evening Bingo HR	9:00 Banking Trip & Post Office 22 10:00 Chair Yoga HR 12:15 Depart for Asolo Theater in Sarasota "Summer Circus Spectacular" 2 pm Show \$20 11:00 Stretching HR 1:15 Cogni Fit GR 2:00 Open Gym WC 4:00 Resident Social HR	8:30 AquaFit 23 10:00 Chairobics HR 10:00 Rummikub 3W 11:00 Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bingo HR 2:30 Group Crosswords MR 3:00 Mexican Train Dominoes HR 3:30 Billiards and Beer GR 4:30 Ladies Night Out to Habana Cafe	10:00 Chair Yoga HR 24 11:00 Stretching Class GR 11:00 Bible Sharing HR 1:15 Cogni Fit GR 2:00 Open Gym WC 4:00 Friends & Family "Forrest Gump" DR/HR/GR	8:00 Beachwalk Pass-a-Grille 25 9:45 Trip to Publix 10:00 ChExercise with Heather HR 11:00 Weight Lifting On your Own HR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Open Gym WC 2:30 Trip to Dollar Tree	10:00 Rummikub 3W 26 10:15 Chairobics GR 11:00 Non Denominational Chapel Service HR 1:15 Saturday Bingo 2:00 Scrabble Game GR 3:30 Billards and Beer GR
1:30 Jewelry Making Class with Michele GR 2:00 Sunday Rummikub 3W 3:00 Scrabble MR 3:30 Double Deck Pinochle GR	8:30 AquaFit 27 10:00 ChExercise HR 11:00 Advanced Weight Lifting WC 1:15 Bridge 5W 1:15 CogniFit GR 1:15 Wii Bowling HR 2:00 Open Gym WC 6:30 Evening Bingo HR	9:00 Banking Trip & Post Office 29 10:00 Chair Yoga HR 11:20 Lunch Outing to Cafe Cibo 11:00 Stretching HR 1:15 Cogni Fit GR 2:00 Open Gym WC 2:30 Piano Music with John HR 4:00 Resident Social HR 4:30 Guys Night Out Island Grille Tierra Verde	8:30 AquaFit 30 10:00 Chairobics HR 10:00 Rummikub 3W 11:00 Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Open Gym WC 2:30 Group Crosswords MR 3:00 Mexican Train Dominoes HR 3:30 Billiards and Beer GR	10:00 Chair Yoga HR 31 11:00 Stretching Class GR 11:00 Bible Sharing HR 1:15 Cogni Fit GR 2:00 Open Gym WC 4:00 Blackjack with Prizes		Room Key 1W - 1st Floor West 2W - 2nd Floor West 3W - 3rd Floor West 4W - 4th Floor West 5W - 5th Floor West 3E - 3rd Floor East HR - Harbor Room GR - Great Room MR -Morning Room WC -Wellness Center

