









January 2019

College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Key 2W- 2nd Floor West Building 3W- 3rd Floor West Building 5W- 5th Floor West Building 3E- 3rd Floor East Building HR- Harbor Room MR- Morning Room GR- Great Room</p>	<p>Please contact the Activity Department if you have any suggestions, questions, or comments! Ext. 5272</p> 	<p>Happy New Year! Welcome 2019!</p> <p>10:00 Chairobics HR 11:00 Aqua Fit in the Pool 1:00 Flexibility GR 2:00 Cogni-Fit GR</p>	<p>9:45 Publix Shopping Trip 11:15 Balance 101 HR 1:15 Group Crosswords GR 1:30 Afternoon Shuffleboard 2:00 Cogni-Fit HR 3:30 Special and Regular Bingo HR .75 a Board</p>	<p>10:00 Rummikub 3W 10:00 Chairobics HR 11:00 Bible Sharing with Pastor Ross GR 11:00 Aqua Fit in the Pool 1:15 Pinochle Card Game 3E 1:30 Manicures 3E Call 5272 for Appt. 3:00 Beginner Wii Bowling MR 4:00 Garden Walk- Meet at West Lobby</p>	<p>10:00 Beginner Rummikub 3E/3W 10:00 Chair Yoga HR 11:15 Balance 101 HR 1:15 Bingo .50 a board GR 1:30 Trip to Trader Joe's 4:00 Puzzle Fun 3E</p> 	<p>9:15 Coffee and Current Events 3E 11:00 Chapel Service HR 1:30 Chairobics HR 2:15 Trip to Bealls Store 3:00 Saturday Scrabble Game 5W 3:30 Movie Channel 732</p>
<p>9:00 Catholic Service HR 2:00 Sunday Rummikub 3W 3:30 Movie Channel 732 7:30 & 10:30 Movie CH 732</p> 	<p>9:15 Coffee and Current Events 3E 9:45 Rummikub 3W 10:00 Chairobics HR 1:15 Wii Bowling HR 1:15 Bridge Card Game 5W 3:00 Group Crosswords GR 6:30 Evening Bingo HR .50</p>	<p>9:15 Coffee and Current Events 3E 9:45 Rummikub 3W 10:00 Chairobics HR 10:00 Canasta 3E 11:15 Room Visits 3W 1:15 Hand and Foot Cards 3E 1:30 Manicures 3W Call 5272 for Appt 2:30 Trip to Walmart 4:00 Resident Social HR</p>	<p>9:45 Publix Shopping Trip 10:00 Christmas Sing Along Practice HR 11:15 Balance 101 HR 1:30 Apple Pie Baking 3E 1:30 Afternoon Shuffleboard 2:00 Cogni-Fit HR 4:00 Friends and Family Italian Theme Dinner Party HR/DR/GR</p> 	<p>10:00 Rummikub 3W 10:00 Chairobics HR 11:00 Bible Sharing with Pastor Ross GR 11:00 Aqua Fit in the Pool 1:15 Pinochle Card Game 3E 1:30 Manicures 2W Call 5272 for Appt. 2:30 Resident Council Meeting HR 3:30 Beginner Wii Bowling MR 4:00 Calligraphy Writing Practice GR</p>	<p>9:00 Fishing at the Seawall 10:00 Beginner Rummikub 3E/3W 10:00 Chair Yoga HR 11:15 Balance 101 HR 11:30 Lunch Outing to Bascom's Chophouse 1:15 Bingo .50 a board GR 2:00 Cogni-Fit GR 4:00 Skip Bo Cards 3E</p>	<p>9:15 Coffee and Current Events 3E 10:00 Chairobics GR 11:00 Chapel Service HR 11:00 Aqua Fit in the Pool 1:15 Florida Orchestra "Unforgettable: 100 Years of Nat and Natale" \$36-\$45 2:00 Brain Fitness GR 3:00 Saturday Scrabble 5W</p>
<p>9:00 Catholic Service HR 2:00 Sunday Rummikub 3W 3:30 Movie Channel 732 7:30 & 10:30 Movie CH 732</p> 	<p>9:15 Coffee and Current Events 3E 9:45 Rummikub 3W 10:00 Chairobics HR 10:30 Painting with John HR 1:15 Bridge Card Game 5W 3:00 Group Crosswords GR 6:30 Evening Bingo HR .50</p>	<p>8:00 Men and Ladies Prayer Breakfast 9:45 Rummikub 3W 10:00 Chairobics HR 10:00 Canasta 3E 11:00 Aqua Fit in the Pool 1:15 Hand and Foot Cards 3E 1:30 Painting with John HR 3:00 Trip to The Dollar Tree 4:00 Wine Tasting HR</p>	<p>9:45 Publix Shopping Trip 10:00 Chair Yoga HR 11:15 Balance 101 HR 1:30 Afternoon Shuffleboard 1:30 Knitting Basics 3W 2:00 Cogni-Fit HR 3:30 Special and Regular Bingo .75 HR 4:30 Dinner Outing to Middle Grounds</p>	<p>10:00 Rummikub 3W 10:00 Chairobics HR 11:00 Bible Sharing with Pastor Ross GR 11:00 Aqua Fit in the Pool 1:15 Pinochle Card Game 3E 1:30 Crockpot Creation 3E 3:00 Beginner Wii Bowling MR</p>	<p>8:00 Omelet Morning 2W/3E 10:00 Beginner Rummikub 3E/3W 10:00 Chair Yoga HR 11:15 Balance 101 HR 1:15 Bingo .50 a board GR 1:30 Trip to Peltz Shoes 2:00 CogniFit GR 4:00 Scrabble Fun 3E</p>	<p>9:15 Coffee and Current Events 3E 10:00 Chairobics GR 11:00 Aqua Fit in the Pool 11:00 Chapel Service HR 1:00 Beginner Weight Training GR 2:00 Brain Fitness GR 3:00 Saturday Scrabble Game 5W</p>
<p>9:00 Catholic Service HR 1:20 Depart for Mahaffey Theater "Shubert's Symphony No. 9" \$39 2:00 Sunday Rummikub 3W 3:30 Movie Channel 732 7:30 & 10:30 Movie CH 732</p>	<p>9:15 Coffee and Current Events 3E 9:45 Rummikub 3W 10:00 Chairobics HR 1:15 Bridge Card Game 5W 3:00 Group Crosswords GR 4:00 Tech Support #5211 6:30 Evening Bingo HR .50</p>	<p>8:00 Men's Breakfast GR 9:45 Rummikub 3W 1:00 Basic Flexibility GR 1:15 Hand and Foot Cards 3E 1:30 Painting with John HR 1:30 Trip to Aldi Grocery Store 2:00 Active Mind GR 4:00 Resident Social HR</p>	<p>9:45 Publix Shopping Trip 10:00 Chair Yoga HR 11:15 Balance 101 HR 1:30 Knitting Basics 3W 1:30 Afternoon Shuffleboard 3:00 IN2L T.V Games HR</p> 	<p>10:00 Rummikub 3W 10:00 Chairobics HR 11:00 Bible Sharing w/ Pastor Ross GR 11:00 Aqua Fit in the Pool 1:15 Pinochle Card Game 3E 2:00 Cranium Crunches GR 3:00 Beginner Wii Bowling MR 4:00 January Birthday Party HR</p>	<p>8:00 Omelet Morning 2W/3E 10:00 Beginner Rummikub 3E/3W 10:00 Chair Yoga HR 11:15 Balance 101HR 11:30 Movie Outing TBA 1:00 Beginner Strengthening GR 1:15 Bingo .50 a board HR 2:00 CogniFit GR</p>	<p>9:15 Coffee and Current Events 3E 10:00 Chairobics GR 11:00 Aqua Fit in the Pool 11:00 Chapel Service HR 1:00 Beginner Weight Training GR 1:30 Trip to CVS or Walgreens 2:00 Music by Lito MR 3:00 Saturday Scrabble Game 5W</p>
<p>9:00 Catholic Service HR 2:00 Entertainment by Will and Michelle HR 7:30 & 10:30 Movie CH 732</p> 	<p>9:15 Coffee and Current Events 3E 9:45 Rummikub 3W 10:00 Chairobics HR 1:15 Bridge Card Game 5W 3:00 Group Crosswords GR 4:00 Tech Support #5211 6:30 Evening Bingo HR .50</p> 	<p>9:15 Coffee and Current Events 3E 9:45 Rummikub 3W 10:00 Canasta 3E 11:00 Aqua Fit in the Pool 11:15 Room Visits 3W 1:15 Hand and Foot Cards 3E 1:30 Making Reese's Peanut Butter Cookies 3E 2:00 Active Mind GR 4:00 Blackjack with Prizes HR</p>	<p>9:00 Fishing at the Seawall 9:45 Publix Shopping Trip 10:00 Chair Yoga HR 11:15 Balance 101 HR 1:30 Afternoon Shuffleboard 1:30 Resident Game Choice 3E 2:00 CogniFit HR 3:30 Special and Regular Bingo .75 HR</p>	<p>10:00 Rummikub 3W 10:00 Chairobics HR 11:00 Bible Sharing with Pastor Ross GR 11:00 Aqua Fit in the Pool 1:15 Pinochle Card Game 3E 1:30 IN2L Crossword Puzzles HR 2:00 Cranium Crunches GR 3:00 Beginner Wii Bowling MR 4:00 Calligraphy Writing Practice GR</p>	<p>Goodwill Donation Drive Begins on Friday, January 11th-19th!</p> <p>Time to clean out those closets and help others!</p>	