












# July 2020 College Harbor Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Reminder for Activities</b> Only the first 10 Residents can participate, must be spaced apart, and wear a mask for the duration</p>	<p><b>Room Key</b> 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</p>	<p>10:00 Chair Yoga HR 1 10:00 Essential Publix Shopping By Request Call 5211 11:15 Balance 101 HR 1:00 Cogni Fit HR 1:15 Group Crosswords MR 1:00 Movie of the Day CH 732 2:00 Beginning Strengthening HR 2:00 Country Store Open Rm: 122 3:30 Bingo HR \$1.00 6:00 Evening Shuffleboard CT</p>	<p>2 10:00 Tai Chi w/ Alix HR 11:00 Bible Sharing w/Pastor Ross HR 11:15 Chairobics GR 1:00 Movie of the Day CH 732 1:00 Cranium Crunches HR 2:00 Weight Training HR 2:00 Country Store Open Rm: 122 4:00 "Wine Thursday" Complimentary at Dinner 6:00 Evening Shuffleboard CT</p>	<p>3 10:00 Chair Yoga HR 10:00 Essential CVS,Walgreen Shopping By Request Call #5211 11:15 Balance 101 HR 1:00 Cogni Fit GR 1:15 Bingo HR 2:00 Country Store Open Rm: 2:00 Beginning Strengthening GR 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>	<p>4 10:00 Aqua Fit Pool 11:15 Cardio Kickboxing HR 1:00 Brain Fitness HR 2:00 Weekend Movie CH 732 2:00 Beginning Weight Training GR 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>
<p>5 10:00 Sit and Be Fit CH 732 2:00 Rummikub 3W 3:30 Movie CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie CH 732</p> 	<p>6 10:00 Chairobics HR 1:00 Movie of the Day CH 732 1:15 Wii Bowling HR 2:00 Country Store Open Rm: 122 3:00 Group Crosswords HR 3:30 Musical Performances CH 732 6:00 Evening Shuffleboard 6:30 Evening Bingo HR \$1.00</p>	<p>7 10:00 Tai Chi w/ Alix HR 11:15 Chairobics HR 1:00 Movie of the Day CH 732 1:00 Active Minds HR 2:00 Cardio Kickboxing HR 2:00 Country Store Open Rm:122 3:30 Comedy Shows CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT</p>	<p>8 10:00 Chair Yoga HR 10:00 Essential Publix Shopping By Request Call 5211 11:15 Balance 101 HR 1:00 Cogni Fit HR 1:15 Group Crosswords MR 1:00 Movie of the Day CH 732 2:00 Beginning Strengthening HR 2:00 Country Store Open Rm: 122 3:30 Bingo HR \$1.00 6:00 Evening Shuffleboard CT</p>	<p>9 10:00 Tai Chi w/ Alix HR 11:00 Bible Sharing w/Pastor Ross HR 11:15 Chairobics GR 1:00 Movie of the Day CH 732 1:00 Cranium Crunches HR 2:00 Weight Training HR 2:00 Country Store Open Rm: 122 4:00 "Wine Thursday" Complimentary at Dinner 6:00 Evening Shuffleboard CT</p> 	<p>10 10:00 Chair Yoga HR 10:00 Essential CVS,Walgreen Shopping By Request Call #5211 11:15 Balance 101 HR 1:00 Cogni Fit GR 1:15 Bingo HR 2:00 Country Store Open Rm: 2:00 Beginning Strengthening GR 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>	<p>11 10:00 Aqua Fit Pool 11:15 Cardio Kickboxing HR 1:00 Brain Fitness HR 2:00 Weekend Movie CH 732 2:00 Beginning Weight Training GR 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p> 
<p>12 10:00 Sit and Be Fit CH 732 2:00 Rummikub 3W 3:30 Movie CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie CH 732</p> 	<p>13 10:00 Chairobics HR 1:00 Movie of the Day CH 732 1:15 Wii Bowling HR 2:00 Country Store Open Rm: 122 3:00 Group Crosswords HR 3:30 Musical Performances CH 732 6:00 Evening Shuffleboard 6:30 Evening Bingo HR \$1.00</p>	<p>14 10:00 Tai Chi w/ Alix HR 11:15 Chairobics HR 1:00 Movie of the Day CH 732 1:00 Active Minds HR 2:00 Cardio Kickboxing HR 2:00 Country Store Open Rm:122 3:30 Comedy Shows CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT</p>	<p>15 10:00 Chair Yoga HR 10:00 Essential Publix Shopping By Request Call 5211 11:15 Balance 101 HR 1:00 Cogni Fit HR 1:15 Group Crosswords MR 1:00 Movie of the Day CH 732 2:00 Beginning Strengthening HR 2:00 Country Store Open Rm: 122 3:30 Bingo HR \$1.00 6:00 Evening Shuffleboard CT</p>	<p>16 10:00 Tai Chi w/ Alix HR 11:00 Bible Sharing w/Pastor Ross HR 11:15 Chairobics GR 1:00 Movie of the Day CH 732 1:00 Cranium Crunches HR 2:00 Weight Training HR 2:00 Country Store Open Rm: 122 4:00 "Wine Thursday" Complimentary at Dinner 6:00 Evening Shuffleboard CT</p> 	<p>17 9:00 Fishing off the Seawall 10:00 Chair Yoga HR 10:00 Essential CVS,Walgreen Shopping By Request Call #5211 11:15 Balance 101 HR 1:00 Cogni Fit GR 1:15 Bingo HR 2:00 Country Store Open Rm: 122 2:00 Beginning Strengthening GR 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p> 	<p>18 10:00 Aqua Fit Pool 11:15 Cardio Kickboxing HR 1:00 Brain Fitness HR 2:00 Weekend Movie CH 732 2:00 Beginning Weight Training GR 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>
<p>19 10:00 Sit and Be Fit CH 732 2:00 Rummikub 3W 3:30 Movie CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie CH 732</p> 	<p>20 10:00 Chairobics HR 1:00 Movie of the Day CH 732 1:15 Wii Bowling HR 2:00 Country Store Open Rm: 122 3:00 Group Crosswords HR 3:30 Musical Performances CH 732 6:00 Evening Shuffleboard 6:30 Evening Bingo HR \$1.00</p>	<p>21 10:00 Tai Chi w/ Alix HR 11:15 Chairobics HR 1:00 Movie of the Day CH 732 1:00 Active Minds HR 2:00 Cardio Kickboxing HR 2:00 Country Store Open Rm:122 3:30 Comedy Shows CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT</p>	<p>22 10:00 Chair Yoga HR 10:00 Essential Publix Shopping By Request Call 5211 11:15 Balance 101 HR 1:00 Cogni Fit HR 1:15 Group Crosswords MR 2:00 Beginning Strengthening HR 2:00 Country Store Open Rm: 122 3:30 Bingo HR \$1.00 6:00 Evening Shuffleboard CT</p>	<p>23 10:00 Tai Chi w/ Alix HR 11:00 Bible Sharing w/Pastor Ross HR 11:15 Chairobics GR 1:00 Movie of the Day CH 732 1:00 Cranium Crunches HR 2:00 Weight Training HR 2:00 Country Store Open Rm: 122 4:00 "Wine Thursday" Complimentary at Dinner 6:00 Evening Shuffleboard CT</p> 	<p>24 10:00 Chair Yoga HR 10:00 Essential CVS,Walgreen Shopping By Request Call #5211 11:15 Balance 101 HR 1:00 Cogni Fit GR 1:15 Bingo HR 2:00 Country Store Open Rm: 122 2:00 Beginning Strengthening GR 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>	<p>25 10:00 Aqua Fit Pool 11:15 Cardio Kickboxing HR 1:00 Brain Fitness HR 2:00 Weekend Movie CH 732 2:00 Beginning Weight Training GR 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>
<p>26 10:00 Sit and Be Fit CH 732 2:00 Rummikub 3W 3:30 Movie CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie CH 732</p> 	<p>27 10:00 Chairobics HR 1:00 Movie of the Day CH 732 1:15 Wii Bowling HR 2:00 Country Store Open Rm: 122 3:00 Group Crosswords HR 3:30 Musical Performances CH 732 6:00 Evening Shuffleboard 6:30 Evening Bingo HR \$1.00</p>	<p>28 10:00 Tai Chi w/ Alix HR 11:15 Chairobics HR 1:00 Movie of the Day CH 732 1:00 Active Minds HR 2:00 Cardio Kickboxing HR 2:00 Country Store Open Rm:122 3:30 Comedy Shows CH 732 4:00 Garden Walks on Your Own 6:00 Evening Shuffleboard CT</p>	<p>29 10:00 Chair Yoga HR 10:00 Essential Publix Shopping By Request Call 5211 11:15 Balance 101 HR 1:00 Cogni Fit HR 1:15 Group Crosswords MR 1:00 Movie of the Day CH 732 2:00 Beginning Strengthening HR 2:00 Country Store Open Rm: 122 3:30 Bingo HR \$1.00 6:00 Evening Shuffleboard CT</p>	<p>30 10:00 Tai Chi w/ Alix HR 11:00 Bible Sharing w/Pastor Ross HR 11:15 Chairobics GR 1:00 Movie of the Day CH 732 1:00 Cranium Crunches HR 2:00 Weight Training HR 2:00 Country Store Open Rm: 122 4:00 "Wine Thursday" Complimentary at Dinner 6:00 Evening Shuffleboard CT</p> 	<p>31 9:00 Fishing off the Seawall 10:00 Chair Yoga HR 10:00 Essential CVS,Walgreen Shopping By Request Call #5211 11:15 Balance 101 HR 1:00 Cogni Fit GR 1:15 Bingo HR 2:00 Country Store Open Rm: 122 2:00 Beginning Strengthening GR 6:00 Evening Shuffleboard CT 7:30 &amp; 10:30 Movie Channel 732</p>	