













July 2019

College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 Current Events 3E 9:45 Rummikub 5W 10:00 Morning Shuffleboard CT 10:00 Chairobics HR 1:15 Bridge 5W 1:15 Wii Bowling HR 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p>	<p>2</p> <p>8:00 Men/Ladies Prayer Breakfast 9:00 Current Events 3E 9:45 Canasta 3E 9:45 Rummikub 5W 11:15 Chairobics GR 1:00 Basic Flexibility HR 1:30 Trip to Walmart 1:15 Hand and Foot Cards 3E 2:00 Active Mind HR 4:00 Resident Social HR</p>	<p>3</p> <p>9:45 Trip to Publix 10:00 Chair Yoga GR 11:15 Balance 101 HR 1:00 Beginning Strengthening GR 1:15 Group Crosswords MR 1:30 Manicures 3E 2:00 Cogni Fit GR 3:00 Cell Phone Class GR 3:30 Specials & Regular Bingo HR</p>	<p>4</p>  <p>10:00 Aqua Fit in the Pool 11:15 Chairobics GR 11:00 Bible Sharing /Pastor Ross HR 2:00 Cranium Crunches GR 2:00 Designer Coloring Group MR 4:00 Residents' 4th of July Party BYOB Snacks will be provided Only HR</p>	<p>5</p> <p>10:00 Card Play 3E 10:00 Chair Yoga GR 11:15 Balance 101 GR 1:00 Beginning Strengthening GR 1:15 Bingo HR 1:30 Trip to Trader Joe's 2:00 Cogni Fit GR 3:30 Assisted Living Block Party HR 7:30 & 10:30 Movie CH 732</p>	<p>6</p> <p>10:00 Aqua Fit Pool 11:00 Chapel Service HR 11:15 Chairobics GR 1:00 Beginning Weight Training HR 1:30 Trip to the Dollar Tree 2:00 Brain Fitness GR 2:00 Move CH 732 3:00 Canasta Game 3E 7:30 & 10:30 Movie CH 732</p>
<p>7</p> <p>9:00 Catholic Service HR 2:00 Sunday Rummikub 3W 3:30 Movie CH 732 7:30 & 10:30 Movie CH 732</p> 	<p>8</p> <p>9:00 Current Events 3E 9:45 Rummikub 5W 10:00 Morning Shuffleboard CT 10:00 Chairobics HR 10:30 Painting with John HR 1:15 Bridge 5W 1:15 Wii Bowling HR 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p> 	<p>9</p> <p>9:00 Current Events 3E 9:45 Canasta 3E 10:00 Aqua Fit Pool 11:15 Chairobics GR 1:00 Basic Flexibility HR 1:30 Trip to Steinmart 1:15 Hand and Foot Cards 3E 2:00 Active Mind HR 4:00 Resident Social HR</p>	<p>10</p> <p>9:45 Trip to Publix 10:00 Chair Yoga GR 11:15 Balance 101 HR 1:00 Beginning Strengthening GR 1:15 Group Crosswords MR 2:00 Cogni Fit GR 4:00 Friends & Family "Christmas in July" Themed Dinner Party DR/HR/GR</p>	<p>11</p> <p>10:00 Aqua Fit Pool 11:15 Chairobics GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Weight Training WC 1:15 Pinochle Card Game 3E 1:30 Family Feud Game Show HR 2:00 Cranium Crunches GR 2:30 Resident Council Meeting HR 4:00 Resident Choice Game 3E 6:30 Broadway Music w/Laurie HR</p>	<p>12</p> <p>9:00 Fishing at the Seawall 10:00 Card Play 3E 10:00 Chair Yoga GR 11:15 Balance 101 GR 11:30 Lunch Outing to Ruby Tuesday in Ellenton 1:00 Beginning Strengthening GR 1:15 Bingo HR 2:00 Cogni Fit GR 7:30 & 10:30 Movie CH 732</p>	<p>13</p> <p>10:00 Aqua Fit Pool 11:00 Chapel Service HR 11:15 Chairobics GR 1:00 Beginning Weight Training WC 1:30 Trip to Bealls 2:00 Brain Fitness GR 2:00 Movie CH 732 3:00 Canasta Game 3E</p>
<p>14</p> <p>9:00 Catholic Service HR 2:00 Sunday Rummikub 3W 3:30 Movie CH 732 7:30 & 10:30 Movie CH 732</p> 	<p>15</p> <p>9:00 Current Events 3E 9:45 Rummikub 5W 10:00 Morning Shuffleboard CT 10:00 Chairobics HR 1:15 Bridge 5W 1:15 Wii Bowling HR 2:00 Jigsaw Puzzle Group 1W 3:00 Group Crossword GR 6:30 Evening Bingo</p>	<p>16</p> <p>8:00 Men/Ladies Prayer Breakfast 9:00 Current Events 3E 9:45 Canasta 3E 10:00 Aqua Fit Pool 11:15 Chairobics GR 1:00 Basic Flexibility GR 1:30 Painting with John HR 2:00 1:30 Fruit Smoothies MR 2:00 Active Mind HR 3:00 Lito on Piano MR 4:00 Wine Tasting HR</p> 	<p>17</p> <p>9:45 Trip to Publix 10:00 Chair Yoga GR 11:15 Balance 101 GR 1:00 Beginning Strengthening GR 1:15 Group Crosswords MR 1:30 "I Spy...Walking Tour" Meet at West Lobby 2:00 Cogni Fit GR 3:30 Specials & Regular Bingo HR .75 a board</p>	<p>18</p> <p>10:00 Aqua Fit Pool 11:15 Chairobics 4W 11:00 Bible Sharing w/Pastor Ross GR 1:00 Weight Training WC 1:15 Pinochle Card Game 3E 2:00 Cranium Crunches GR 2:00 Designer Coloring Group MR 2:00 Let's Knit or Crochet GR 3:00 Wii Bowling Practice HR 4:00 Family Feud Game HR</p>	<p>19</p> <p>8:00 Omelet Morning DR 9:00 Current Events 3E 10:00 Card Play 3E 10:00 Chair Yoga GR 11:15 Balance 101 GR 1:00 Beginning Strengthening GR 1:15 Bingo HR 2:00 Cogni Fit GR 7:30 & 10:30 Movie CH 732</p>	<p>20</p> <p>10:00 Aqua Fit Pool 11:00 Chapel Service HR 11:15 Chairobics GR 1:00 Beginning Weight Training WC 1:30 Trip to American Stage for the Musical "Fun Home" \$42 2:00 Brain Fitness GR 3:00 Canasta Game 3E</p>
<p>21</p> <p>9:00 Catholic Service HR 2:00 Sunday Rummikub 3W 3:30 Movie CH 732 7:30 & 10:30 Movie CH 732</p> 	<p>22</p> <p>9:00 Current Events 3E 9:45 Rummikub 5W 10:00 Morning Shuffleboard CT 10:00 Chairobics HR 10:30 Painting with John HR 1:15 Bridge 5W 1:15 Wii Bowling HR 2:00 Jigsaw Puzzle Group 1W 3:00 Group Crosswords GR 6:30 Evening Bingo</p> 	<p>23</p> <p>9:00 Current Events 3E 9:45 Canasta 3E 10:00 Aqua Fit Pool 11:15 Chairobics GR 1:00 Basic Flexibility GR 1:30 Trip to Walmart 2:00 Active Mind GR 4:00 Blackjack with Prizes HR</p> 	<p>24</p> <p>9:00 Fishing at the Seawall 9:45 Trip to Publix 10:00 Chair Yoga HR 10:45 Publix Trip 11:15 Balance 101 HR 1:00 Beginning Strengthening GR 1:15 Group Crosswords MR 1:30 Music Trivia HR 2:00 Cogni Fit GR 3:30 Specials & Regular Bingo .75 HR</p> 	<p>25</p> <p>10:00 Aqua Fit Pool 10:00 Michele's Jewelry MR 11:15 Chairobics GR 11:00 Bible Sharing w/Pastor Ross HR 1:00 Weight Training WC 1:15 Pinochle Card Game 3E 2:00 Cranium Crunches GR 2:00 Family Feud Game Show HR 3:00 Wii Bowling Practice HR 4:00 July Birthday Party HR</p>	<p>26</p> <p>9:00 Current Events 3E 10:00 Card Play 3E 10:00 Chair Yoga GR 11:15 Balance 101 GR 1:00 Beginning Strengthening GR 1:15 Bingo HR 1:30 Trip to Tyrone Area Shoppes (BBB, Michael's, Barnes & Noble, etc.) 2:00 Cogni Fit GR</p>	<p>27</p> <p>10:00 Aqua Fit Pool 11:00 Chapel Service HR 11:15 Chairobics GR 1:00 Beginning Weight Training WC 1:30 Trip to Aldi Grocery Store 2:00 Brain Fitness GR 2:00 Move CH 732 3:00 Canasta Game 3E</p>
<p>28</p> <p>9:00 Catholic Service HR 2:00 Entertainment By "Will & Michele" Harbor Room 3:30 Movie CH 732 7:30 & 10:30 Movie CH 732</p> 	<p>29</p> <p>9:00 Current Events 3E 9:45 Rummikub 5W 10:00 Morning Shuffleboard CT 10:00 Chairobics HR 1:15 Bridge 5W 1:15 Wii Bowling HR 2:00 Jigsaw Puzzle Group 1W 3:00 Group Crosswords GR 6:30 Evening Bingo</p>	<p>30</p> <p>8:00 Men's Breakfast GR 9:00 Current Events 3E 9:45 Canasta 3E 10:00 Aqua Fit Pool 10:30 Trip to Hard Rock Restaurant and Casino 11:15 Chairobics GR 1:15 Hand and Foot Cards 3E 3:00 Piano Music By Lito MR 4:00 Resident Social HR HR</p>	<p>31</p> <p>9:45 Trip to Publix 10:00 Chair Yoga HR 11:15 Balance 101 HR 1:00 Beginning Strengthening GR 1:15 Group Crosswords MR 1:30 Skip Bo Cards 3E 2:00 Cogni Fit GR 3:30 Specials & Regular Bingo .75 HR 4:30 Dinner Outing to "Red Lobster"</p>		<p>Room Key</p> <p>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>Happy Birthday!</p> <p>1st- Barbara J. 2W 6th- Mary S. 2W 8th- Donalie S. 3E 16th- Shirley L. 2W 16th- Bob B. 2W 31st- Glenn D. 3W Ross Z. 2W</p>