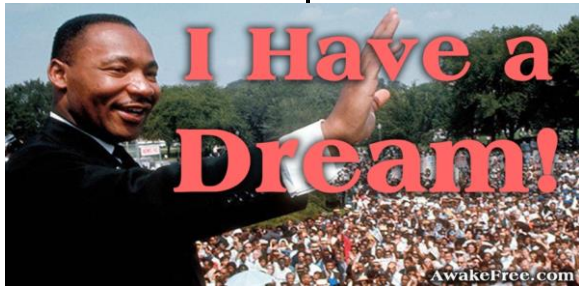












January 2021 College Harbor Activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| <p>Activities will be added when permissible</p> |  | | <p>Reminder for Activities Only the first 10 Residents can participate, must be spaced apart, and wear a mask for the duration</p> | <p>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</p> | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p> <p>Country Store Closed Happy New Year!</p> | <p>10:00 Exercise by Appt 2:00 Weekend Movie CH 732 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p> <p>Family Visits</p> |
| <p>3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie CH 732</p>  | <p>2:00 Country Store Open WC 3:30 Musical Performances CH 732 3:30 Afternoon Shuffleboard CT</p> | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>10:00 Exercise by Appt 1:00 Knitting by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p>  | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>10:00 Sit and Be Fit CH 732 1:00 Crocheting by Appt 2:00 Country Store Open WC 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p>  | <p>10:00 Exercise by Appt 2:00 Weekend Movie CH 732 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p> <p>Family Visits</p> |
| <p>3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie CH 732</p> | <p>2:00 Country Store Open WC 3:30 Musical Performances CH 732 3:30 Afternoon Shuffleboard CT</p>  | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>10:00 Exercise by Appt 1:00 Knitting by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>9:00 Fishing at the Seawall 10:00 Exercise by Appt 1:00 Crocheting by Appt 2:00 Country Store Open WC 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p>  | <p>10:00 Exercise by Appt 2:00 Weekend Movie CH 732 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p> <p>Family Visits</p> |
| <p>3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie CH 732</p>  | <p>2:00 Country Store Open WC 3:30 Musical Performances CH 732 3:30 Afternoon Shuffleboard CT</p> <p>Martin Luther King Jr. Day</p> | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>10:00 Exercise by Appt 1:00 Knitting by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p>  | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>10:00 Exercise by Appt 1:00 Crocheting by Appt 2:00 Country Store Open WC 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p>  | <p>10:00 Exercise by Appt 2:00 Weekend Movie CH 732 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p> <p>Family Visits</p> |
| <p>3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie CH 732</p> | <p>2:00 Country Store Open WC 3:30 Musical Performances CH 732 3:30 Afternoon Shuffleboard CT</p>  | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>10:00 Exercise by Appt 1:00 Knitting by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> | <p>10:00 Exercise by Appt 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p> <p>Family Visits</p> | <p>9:00 Fishing at the Seawall 10:00 Exercise by Appt 1:00 Crocheting by Appt 2:00 Country Store Open WC 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own</p>  | <p>10:00 Exercise by Appt 2:00 Weekend Movie CH 732 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on Your Own 7:30 & 10:30 Movie Channel 732</p> <p>Family Visits</p> |