



# November 2021 College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:00 Chairobics HR 10:30 Painting with John HR 11:15 Aquafit in the Pool 1:00 St. John's Hearing- Call 0 1:15 Wii Bowling HR 1:15 Cogni-Fit GR 3:00 Group Crosswords MR	2 10:00 Puzzle Fun 3E 10:00 Tai Chi HR 11:15 Chair Yoga HR 1:15 Cogni Fit GR <b>1:15 Load for Walmart</b> 3:30 Shuffleboard 4:00 Resident Social HR	3 10:00 Chairobics HR 10:00 Garden Walks on Your Own 11:15 Aquafit in the Pool 1:15 Bingo HR 1:15 CogniFit GR 2:00 Balance Class GR 2:30 Group Crosswords MR 3:30 Shuffleboard	4 10:00 Tai Chi HR 10:00 Rummikub 3W <b>11:00 Bible Sharing w/Pastor Ross</b> 11:15 Chair Yoga GR 1:15 Cogni Fit GR 2:00 Weight Lifting WC 3:30 Shuffleboard CT	5 8:00 Beachwalk Pass-a-Grille 10:00 Catholic Mass HR 10:00 Chairobics GR 11:15 Aqua Fit in the Pool 1:15 Bingo HR 1:15 Cogni-Fit GR 2:00 Beginning Strengthening GR 3:30 Shuffleboard <b>6:30 Saxophone Quartet HR</b>	6 11:00 Chapel Service HR 3:30 Shuffleboard 4:00 Billiards and Beer GR  <b>Have a Great Day!</b>	
7 2:00 Rummikub 3W 3:00 Prayer Time HR 3:30 Shuffleboard 4:00 Garden Walks on Your Own  <b>Daylight Savings Turn Clocks Back 1 Hour!</b>	8 10:00 Chairobics HR 10:30 Painting with John HR 11:15 Aquafit in the Pool 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni-Fit GR 3:00 Group Crosswords MR 3:30 Shuffleboard 6:30 Evening Bingo HR \$1.00	9 10:00 Puzzle Fun 3E 10:00 Tai Chi HR 11:15 Chair Yoga HR 1:15 Cogni Fit GR 2:00 Weight Lifting WC <b>2:30 Music by Jerry DeMark MR</b> <b>2:45 Trip to CVS or Walgreens</b> 3:30 Shuffleboard 4:00 Resident Social HR	10 10:00 Chairobics HR 10:00 Garden Walks on Your Own 11:15 Aquafit in the Pool 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Balance Class GR 2:30 Group Crosswords MR 3:30 Shuffleboard <b>4:00 Wine Tasting HR</b>	11 <b>10:00 Veterans Day Program with Omelets to Follow HR- All Invited</b> 10:00 Rummikub 3W <b>11:00 Bible Sharing w/Pastor Ross</b> 11:15 Chair Yoga GR 1:15 Cogni Fit GR 2:00 Weight Lifting WC 3:30 Shuffleboard	12 8:00 Beachwalk Pass-a-Grille 10:00 UNO Card Game 3E 11:15 Aqua Fit in the Pool <b>11:30 Lunch Outing to Bascom's Chophouse</b> 1:00 Cogni Fit GR 1:15 Bingo HR <b>3:30 3E Happy Hour 3E</b> 6:15 Evening Shuffleboard CT	13 10:15 Chairobics HR 11:00 Chapel Service HR <b>1:15 Depart for Freefall Theatre "Dames at Sea" A Musical \$55</b> 3:30 Shuffleboard 4:00 Billiards and Beer GR 6:15 Evening Shuffleboard CT	
14 2:00 Rummikub 3W 3:00 Prayer Time HR 3:30 Shuffleboard 4:00 Garden Walks on Your Own  <b>Have a Great Day!</b>	15 10:00 Chairobics HR 10:30 Painting with John HR 11:15 Aquafit in the Pool 1:15 Bridge 5W 1:15 Cogni-Fit GR 1:30 Craft Class- Sign Up in Book GR 3:00 Group Crosswords MR 3:30 Shuffleboard 6:30 Evening Bingo HR \$1.00	16 10:00 Puzzle Fun 3E 10:00 Tai Chi HR 11:15 Chair Yoga HR 1:15 Cogni Fit GR <b>1:15 Load for Publix</b> 2:00 Weight Lifting WC 3:30 Shuffleboard 4:00 Resident Social HR	17 10:00 Chairobics HR 10:00 Crazy Eights Card Game 3E 11:15 Aquafit in the Pool 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Balance Class GR 2:30 Group Crosswords MR <b>3:00 2W Happy Hour 2W</b> <b>4:30 Ladies Dinner Night to Grazzi</b> <b>5:30 Strolling Loren on Ukelee</b>	18 10:00 Tai Chi HR 10:00 Rummikub 3W <b>11:00 Bible Sharing w/Pastor Ross HR</b> 11:15 Chair Yoga GR 2:00 Weight Lifting WC <b>2:30 Resident Council Meeting HR</b> <b>3:30 Shuffleboard</b> <b>4:00 November Birthday Party HR</b>	19 9:00 Fishing at the Seawall 10:00 UNO Card Game 3E 10:30 Catholic Communion HR 11:15 Aquafit in the Pool 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Beginning Strengthening GR <b>3:30 3E Happy Hour 3E</b> 3:30 Shuffleboard <b>6:30 Movie Night HR</b>	20 10:15 Chairobics HR 11:00 Chapel Service HR <b>1:15 Depart for American Stage "The Odd Couple" \$42</b> 4:00 Billiards and Beer GR 6:15 Evening Shuffleboard CT	
21 2:00 Rummikub 3W 3:00 Prayer Time HR 3:30 Shuffleboard 4:00 Garden Walks on Your Own 6:15 Evening Shuffleboard CT	22 10:00 Chairobics HR 11:15 Aquafit in the Pool 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni-Fit GR 3:00 Group Crosswords MR 3:30 Shuffleboard 6:30 Evening Bingo HR \$1.00	23 10:00 Puzzle Fun 3E 10:00 Tai Chi HR 11:15 Chair Yoga HR 1:15 Cogni Fit GR <b>1:15 Load for Aldi Grocery Store</b> <b>2:30 Music by Jerry DeMark MR</b> 3:30 Shuffleboard 4:00 Resident Social HR	24 10:00 Chairobics HR 10:00 Rummikub 3E 11:15 Aquafit in the Pool 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Balance Class MR 2:30 Group Crosswords MR <b>3:00 New Resident Orientation HR</b> <b>3:30 3W Happy Hour 3W</b>	25  10:00 Tai Chi HR 11:15 Chair Yoga HR 1:15 Cogni Fit HR 2:00 Weight Lifting WC	26 10:00 Chairobics HR 11:15 Aquafit in the Pool 1:15 Cogni-Fit GR 1:15 Bingo HR 2:00 Beginning Strengthening GR 3:30 Shuffleboard	27 10:15 Chairobics HR 11:00 Chapel Service HR 3:30 Shuffleboard 4:00 Billiards and Beer GR  <b>Have a Great Day!</b>	
28 2:00 Rummikub 3W 3:00 Prayer Time HR 4:00 Garden Walks on Your Own 6:15 Evening Shuffleboard CT  <b>Hanukkah begins at Sunset</b>	29 10:00 Assessments w/Alix HR 11:15 Aquafit in the Pool 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni-Fit GR 3:00 Group Crosswords MR 3:30 Shuffleboard 6:30 Evening Bingo HR \$1.00	30 10:00 Puzzle Fun 3E 10:00 Tai Chi HR 11:15 Chair Yoga HR 1:15 Cogni Fit GR <b>1:15 Load for Publix</b> 2:00 Weight Lifting WC <b>4:00 Ladies Social HR</b> <b>4:30 Guys Night Out TBA</b> 6:15 Evening Shuffleboard CT	Please call Heather at 5272 if you have any questions or comments		<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 MDR - Main Dining Room MR - Morning Room WC - Wellness Center	<b>Happy Birthday</b> <b>1st Sandra A. 2W</b>  <b>9th Phillip S.</b>	<b>16th Joan M. 3W</b>  <b>27th Millie P. 3W</b>