













August College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 ChExercise HR 1 10:30 Painting with John HR 11:00 Weight Lifting WC 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit MR 2:00 Thera -Bandwork WC 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p>	<p>2 10:00 Trivia Time 3E 10:00 Chair Yoga HR 11:00 Puzzle Fun 3E 11:00 Aqua Fit Pool 1:00 IN2L Games HR 1:15 Cogni Fit GR 2:30 Jerry DeMark on Piano MR 2:45 CVS & Walgreens 4:00 Resident Social HR 6:30 Evening Shuffleboard CT</p>	<p>3 10:00 ChExercise HR 10:00 Art Therapy 3E 11:00 Garden Walk 11:15 Corn Hole Toss MR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Wii Golf HR 4:00 Blackjack w/Prizes HR 6:30 Evening Shuffleboard CT</p>	<p>4 10:00 Rummikub 3W/3E 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 11:00 Aqua Fit in the Pool 1:00 Canasta Card Game 3E 1:15 Cogni Fit GR 2:00 Crocheting 101 3E 2:00 Tai Chi GR 3:30 Banana Grams Word Game 3E 6:30 Evening Shuffleboard</p>	<p>5 8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:00 ChExercise GR 10:00 Card Play 3E 10:30 Catholic Communion HR 11:00 Garden Walk 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Dominoes 3E 3:30 Social Hour 3E 6:30 Evening Shuffleboard CT</p> 	<p>6 10:15 Chairobics GR 11:00 Chapel Service HR 2:00 St. Pete Sax Quartet HR 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 4:00 Billards and Beer GR 6:30 Evening Shuffleboard CT Ikebana Exhibit</p>
<p>7 1:40 Rays Baseball vs Detroit Tigers CH 31 2:00 Ikebana Demonstration HR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR</p> 	<p>8 10:00 ChExercise HR 10:30 Painting with John HR 11:00 Weight Lifting WC 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit MR 1:30 Craft Class GR Sign up in Book 2:00 Thera -Bandwork WC 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p>	<p>9 10:00 UNO Game 3E 10:00 Chair Yoga HR 11:00 Card Play 3E 11:00 Aqua Fit Pool 1:00 Yarn Art 3E 1:15 Cogni Fit GR 2:00 Cooking Demo w/Chef Lisa HR 2:45 Trip to Publix 4:00 Resident Social HR 6:30 Evening Shuffleboard CT</p>	<p>10 9:15 Current Events Discussion GR 10:00 ChExercise HR 10:00 Sequence Dice Game 3E 11:00 Puzzle Fun 3E 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Wii Golf HR 4:00 Wine Tasting Class HR 6:30 Evening Shuffleboard CT</p>	<p>11 10:00 Rummikub 3W/3E 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 11:00 Aqua Fit in the Pool 1:00 Canasta Card Game 3E 1:15 Cogni Fit GR 2:30 Resident Council Meeting HR 3:30 No Bake Cheesecake 3E 6:30 Evening Shuffleboard CT</p>	<p>12 8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:00 ChExercise GR 10:00 Rook 101 Card Game 3E 11:15 Lunch Outing to Longhorn 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Social Hour 3E 6:30 Evening Shuffleboard CT</p>	<p>13 10:15 Chairobics GR 11:00 Chapel Service 1:30 FreeFall Theatre- Neil Simon's "Rose & Walsh" \$55 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 4:00 Billards and Beer GR 6:30 Evening Shuffleboard CT</p>
<p>14 1:10 Rays Baseball vs Baltimore Orioles Game CH 31 2:00 Sunday Rummikub 3W 3:00 Prayer Time HR 3:00 Scrabble GR</p> 	<p>15 10:00 ChExercise HR 10:30 Painting with John HR 11:00 Weight Lifting WC 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit GR 2:00 Thera -Bandwork WC 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p> 	<p>16 9:00 Banking Trip 10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Aqua Fit Pool 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:30 Jerry DeMark on Piano MR 4:00 Resident Social HR 6:30 Evening Shuffleboard CT</p>	<p>17 10:00 ChExercise HR 10:00 Rummikub 3W 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 6:30 Evening Shuffleboard CT</p>	<p>18 10:00 Rummikub 3W 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 11:00 Aqua Fit Pool 1:15 Cogni Fit GR 2:00 Tai chi w/ Alix GR 4:00 Friends & Family "Passport Horizon Tour Theme" 6:30 Evening Shuffleboard CT</p>	<p>19 8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:30 Catholic Communion HR 1:15 Bingo HR 6:30 Evening Shuffleboard CT</p> 	<p>20 11:00 Chapel Service HR 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 4:00 Billards and Beer GR 6:30 Evening Shuffleboard CT</p> 
<p>21 1:10 Rays Baseball vs Kansas City Royals Game CH 31 2:00 Musical Program with Will & Michele HR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR</p> 	<p>22 10:00 ChExercise HR 11:00 Weight Lifting WC 11:15 Activity Planning Meeting 1st Floor West 1:15 Cogni Fit GR 1:15 Bridge 5W 1:15 Wii Bowling HR 2:00 Thera-Bandwork GR 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p> 	<p>23 10:00 Skip-Bo Cards 3E 10:00 Chair Yoga HR 11:00 Group Word Jumbles 3E 11:00 Aqua Fit Pool 1:00 IN2L Games HR 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:45 Trip to Aldi Grocery Store 4:00 Resident Social HR 6:30 Evening Shuffleboard CT</p>	<p>24 9:15 Current Events Discussion GR 10:00 ChExercise HR 10:00 Rummikub 3E/3W 11:15 Corn Hole Toss MR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Wii Golf HR 3:30 Rootbeer Floats MR 6:30 Evening Shuffleboard CT</p>	<p>25 10:00-2:00 Estate Sale MR 10:00 Chair Yoga HR 10:00 Rummikub 3W/3E 10:00 Jewelry By Michele MR 11:00 Bible Sharing /Pastor Ross HR 11:00 Aqua Fit Pool 1:00 Canasta Game 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 4:00 July Birthday Party HR 6:30 Evening Shuffleboard CT</p> 	<p>26 8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:00 ChExercise HR 10:00 Rook 101 Card Game 3E 11:30 Lunch Outing to Carmelita's 1:15 Bingo HR 1:15 Cogni Fit GR 3:30 Social Hour 3E 6:30 Movie Night w/Popcorn HR 6:30 Evening Shuffleboard CT</p> 	<p>27 10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th FL 2:00 Musical "The Greatest Showman" HR 3:00 Scrabble Game GR 4:00 Billards and Beer GR 6:30 Evening Shuffleboard CT</p>
<p>28 1:35 Rays Baseball vs Boston Red Sox Game CH31 2:00 Sunday Rummikub 3W 3:00 Scrabble GR</p> 	<p>29 10:00 Assessments with Alix 11:00 Weight Lifting WC 1:15 Cogni Fit GR 1:15 Bridge 5W 1:15 Wii Bowling HR 2:00 Thera-Bandwork GR 3:00 Group Crosswords GR 6:30 Evening Bingo HR</p>	<p>30 10:00 Drawing Fun 3E 10:00 ChairYoga HR 11:00 Painting Fun 3E 11:00 Aqua Fit Pool 1:00 Baking Muffins 3E 1:15 Cogni Fit GR 2:45 Trip to Dollar Tree 4:00 Ladies Social HR 4:30 Men's Night Out 6:30 Evening Shuffleboard CT</p>	<p>31 10:00 ChExercise HR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crossword MR 2:45 New Resident Orientation HR 4:30 Dinner Out to "Grazzi Italian" 6:30 Evening Shuffleboard CT</p>	<p>HAPPY BIRTHDAY</p> 		<p>Call Heather at Ext. 5272 for questions or suggestions</p>