


















# August College Harbor Happenings

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|--|--|---|--|---|
|    | <p>10:00 ChExercise HR 1</p> <p><b>10:30 Painting with John HR</b></p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bridge 5W</p> <p>1:15 Wii Bowling HR</p> <p>1:15 Cogni Fit MR</p> <p>2:00 Thera -Bandwork WC</p> <p>3:00 Group Crosswords GR</p> <p>6:30 Evening Bingo HR</p>  | <p>9:00 Banking Trip 2</p> <p>10:00 Chair Yoga HR</p> <p><b>11:30 Lunch Outing to "Paul's Landing"</b></p> <p>11:00 Aqua Fit Pool</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p>2:30 Jerry DeMark on Piano MR</p> <p>2:45 CVS &amp; Walgreens</p> <p>4:00 Resident Social HR</p> <p>6:30 Evening Shuffleboard CT</p>  | <p>10:00 ChExercise HR 3</p> <p>11:00 Book Club Meeting 5W</p> <p>11:00 Weight Lifting WC</p> <p>11:15 Corn Hole Toss MR</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crosswords MR</p> <p>4:00 Blackjack w/Prizes HR</p> <p>6:30 Evening Shuffleboard CT</p>   | <p>10:00 Rummikub 3W 4</p> <p>10:00 Chair Yoga GR</p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p>11:00 Aqua Fit Pool</p> <p>1:00 Canasta Game 4W</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p><b>4:00 1st Floor Block Party HR</b></p>  | <p>8:00 Beachwalk Pass-a-Grille 5</p> <p>9:00 Fishing off the Seawall</p> <p>9:45 Trip to Publix</p> <p>10:30 Catholic Communion HR</p> <p>10:00 ChExercise GR</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>6:30 Evening Shuffleboard CT</p> <p><b>Ikebana Exhibit</b></p>  | <p>10:15 Chairobics GR 6</p> <p><b>11:00 Chapel Service HR</b></p> <p>1:00 Trip to Meraki Nails -Max 4</p> <p><b>2:00 St. Pete Sax Quartet HR</b></p> <p>2:00 Rummikub 5th FL</p> <p>3:00 Scrabble Game GR</p> <p>4:00 Billards and Beer GR</p> <p>6:30 Evening Shuffleboard CT</p> <p><b>Ikebana Exhibit</b></p> |
| <p>1:40 Rays Baseball vs Detroit Tigers CH 31</p> <p><b>2:00 Ikebana Demonstration HR</b></p> <p>2:00 Sunday Rummikub 3W</p> <p>3:00 Scrabble GR</p>   | <p>10:00 ChExercise HR 8</p> <p><b>10:30 Painting with John HR</b></p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bridge 5W</p> <p>1:15 Wii Bowling HR</p> <p>1:15 Cogni Fit MR</p> <p><b>1:30 Craft Class GR Sign up in Book</b></p> <p>2:00 Thera -Bandwork WC</p> <p>3:00 Group Crosswords GR</p> <p>6:30 Evening Bingo HR</p>  | <p>9:00 Banking Trip 9</p> <p>10:00 Chair Yoga HR</p> <p><b>10:30 Trip to Tyrone Mall , Peltz Shoe Store &amp; Lunch on Your Own</b></p> <p>11:00 Aqua Fit Pool</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p>2:00 Cooking Demo w/Chef Lisa HR</p> <p>4:00 Resident Social HR</p> <p>6:30 Evening Shuffleboard CT</p> | <p>9:15 Current Events Discussion GR 10</p> <p>10:00 ChExercise HR</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crosswords MR</p> <p>6:30 Evening Shuffleboard CT</p> <p><b>4:00 Wine Tasting Class HR</b></p> <p>6:30 Evening Shuffleboard CT</p>  | <p>10:00 Rummikub 3W 11</p> <p>10:00 Chair Yoga GR</p> <p>11:00 Bible Sharing /Pastor Ross HR</p> <p>11:00 Aqua Fit Pool</p> <p>1:00 Canasta Game 4W</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai chi w/ Alix GR</p> <p><b>4:00 TownHall Meeting HR</b></p> <p>6:30 Evening Shuffleboard CT</p>   | <p>8:00 Beachwalk Pass-a-Grille 12</p> <p>9:00 Fishing off the Seawall</p> <p>9:45 Trip to Publix</p> <p>10:00 ChExercise GR</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Trip to Bealls</p> <p>6:30 Evening Shuffleboard CT</p>  | <p>10:15 Chairobics GR 13</p> <p><b>11:00 Chapel Service</b></p> <p><b>1:30 FreeFall Theatre Neil Simon's "Rose &amp; Walsh" Ticket: \$55</b></p> <p>2:00 Rummikub 5th FL</p> <p>3:00 Scrabble Game GR</p> <p>4:00 Billards and Beer GR</p> <p>6:30 Evening Shuffleboard CT</p>                                   |
| <p>1:10 Rays Baseball vs Baltimore Orioles Game CH 31</p> <p>2:00 Sunday Rummikub 3W</p> <p>3:00 Prayer Time HR</p> <p>3:00 Scrabble GR</p>   | <p>10:00 ChExercise HR 15</p> <p><b>10:30 Painting with John HR</b></p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bridge 5W</p> <p>1:15 Wii Bowling HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera -Bandwork WC</p> <p>3:00 Group Crosswords GR</p> <p>6:30 Evening Bingo HR</p>                      | <p>9:00 Banking Trip 16</p> <p>10:00 Chair Yoga HR</p> <p>10:00 Rummikub 3W</p> <p>11:00 Aqua Fit Pool</p> <p><b>11:10 Lunch Outing to "Bon Appetit"</b></p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p>2:30 Jerry DeMark on Piano MR</p> <p>4:00 Resident Social HR</p> <p>6:30 Evening Shuffleboard CT</p>           | <p>10:00 ChExercise HR 17</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crosswords MR</p> <p><b>4:00 4th Floor block Party 4W</b></p> <p>6:30 Evening Shuffleboard CT</p>   | <p>10:00 Rummikub 3W 18</p> <p>10:00 Chair Yoga GR</p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p><b>11:00 Aqua Fit Pool</b></p> <p>1:00 Canasta Game 4W</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai chi w/ Alix GR</p> <p><b>4:00 Friends &amp; Family "Passport Horizon Tour Theme"</b></p> <p>6:30 Evening Shuffleboard CT</p>   | <p>8:00 Beachwalk Pass-a-Grille 19</p> <p>9:00 Fishing off the Seawall</p> <p>9:45 Trip to Publix</p> <p>10:30 Catholic Communion HR</p> <p>1:15 Bingo HR</p> <p>6:30 Evening Shuffleboard CT</p>    | <p><b>11:00 Chapel Service HR</b></p> <p>2:00 Rummikub 5th FL</p> <p>3:00 Scrabble Game GR</p> <p>4:00 Billards and Beer GR</p> <p>6:30 Evening Shuffleboard CT</p>   |
| <p>1:10 Rays Baseball vs Kansas City Royals Game CH 31</p> <p><b>2:00 Musical Program with Will &amp; Michele HR</b></p> <p>2:00 Sunday Rummikub 3W</p> <p>3:00 Scrabble GR</p>   | <p>10:00 ChExercise HR 22</p> <p>11:00 Weight Lifting WC</p> <p><b>11:15 Activity Planning Meeting 1st Floor West</b></p> <p>1:15 Cogni Fit GR</p> <p>1:15 Bridge 5W</p> <p>1:15 Wii Bowling HR</p> <p>2:00 Thera-Bandwork GR</p> <p>3:00 Group Crosswords GR</p> <p>6:30 Evening Bingo HR</p>  | <p>9:00 Banking Trips 23</p> <p>10:00 Chair Yoga HR</p> <p>11:00 Aqua Fit Pool</p> <p><b>11:30 Lunch Outing to "Society's Table" Don Cesar</b></p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p>2:45 Trip to Aldi's Grocery Store</p> <p>4:00 Residents Social HR</p> <p>6:30 Evening Shuffleboard CT</p>                | <p>9:15 Current Events Discussion GR 24</p> <p>10:00 ChExercise HR</p> <p>11:15 Corn Hole Toss MR</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crossword MR</p> <p><b>4:00 5th Floor Block Party 5W</b></p> <p>6:30 Evening Shuffleboard CT</p>  | <p><b>10:00-2:00 Estate Sale MR</b></p> <p>10:00 Chair Yoga HR</p> <p>10:00 Rummikub 3W</p> <p><b>10:00 Jewelry By Michele MR</b></p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p>11:00 Aqua Fit Pool</p> <p>1:00 Canasta Game 4W</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p><b>4:00 July B'day Party HR</b></p> <p>6:30 Evening Shuffleboard CT</p>  | <p>8:00 Beachwalk Pass-a-Grille 26</p> <p>9:45 Trip to Publix</p> <p>10:00 ChExercise HR</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p><b>6:30 Movie Night w/Popcorn HR</b></p> <p>6:30 Evening Shuffleboard CT</p>                   | <p>10:15 Chairobics GR 27</p> <p><b>11:00 Chapel Service HR</b></p> <p>1:00 Trip to Meraki Nails -Max 4</p> <p>2:00 Rummikub 5th FL</p> <p><b>2:00 Saturday at the Opera HR</b></p> <p>3:00 Scrabble Game GR</p> <p>4:00 Billards and Beer GR</p> <p>6:30 Evening Shuffleboard CT</p>                             |
| <p>1:35 Rays Baseball vs Boston Red Sox Game CH31</p> <p>2:00 Sunday Rummikub 3W</p> <p>3:00 Scrabble GR</p>   | <p>10:00 Assessments with Alix 29</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Cogni Fit GR</p> <p>1:15 Bridge 5W</p> <p>1:15 Wii Bowling HR</p> <p>2:00 Thera-Bandwork GR</p> <p>3:00 Group Crosswords GR</p> <p>6:30 Evening Bingo HR</p>  | <p>9:00 Banking Trips 30</p> <p>10:00 ChairYoga HR</p> <p>11:00 Aqua Fit Pool</p> <p><b>11:30 Lunch Out to "Bascom's Chophouse"</b></p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix HR</p> <p>4:00 Ladies Social HR</p> <p>4:30 Men's Night Out</p> <p>6:30 Evening Shuffleboard CT</p>   | <p>10:00 ChExercise HR 31</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crossword MR</p> <p>2:45 New Resident Orientation HR</p> <p><b>4:30 Dinner Out to "Gratzi Italian"</b></p> <p>6:30 Evening Shuffleboard CT</p>  | <p><b>Tech Support for Internet, Email or Cell Phone</b></p> <p><b>Call Elise #5211</b></p>    | <p><b>Room Key</b></p> <p>1W - 1st floor West</p> <p>2W - 2nd floor West</p> <p>3W - 3rd floor West</p> <p>4W - 4th floor West</p> <p>5W - 5th floor West</p> <p>3E - 3rd floor East</p> <p>HR - Harbor Room</p> <p>GR - Great Room</p> <p>MR - Morning Room</p> <p>WC - Wellness Center</p>   | <p><b>Olli Classes at Eckerd College</b></p> <p>Olli Classes Fill Quickly So Call Early! Need Help Enrolling Call #5211</p> <p>Members \$10</p> <p>Non Member \$25</p>   |