







November College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Trivia Fun 3E 10:30 Tech Support Call 5272 11:00 Audio Book Story 3E 1:00 Computer Mahjongg HR 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:30 Jerry DeMark on Piano MR 2:45 Trip to Publix 4:00 Resident Social HR	10:00 ChExercise HR 10:00 Musical Bingo 3E 11:00 Room Chats 3E 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Wii Bowling Practice HR 2:30 Group Crosswords MR 3:30 Afternoon Shuffleboard CT 4:00 Blackjack with Prizes HR	10:00 Rummikub 3W/3E 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 3:00 Wii Golf HR 3:30 Afternoon Shuffleboard CT 4:00 Crocheting Fun 3E	8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:00 Morning Trivia 3E 10:00 ChExercise GR 10:30 Catholic Communion HR 11:00 Weight Lifting WC 1:00 Trip to Tyrone Mall 1:15 Bingo HR 1:15 Cogni Fit GR 4:00 3E Social Hour 3E 3:30 Afternoon Shuffleboard CT	10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 3:30 Evening Shuffleboard CT 4:00 Billards and Beer GR 6:30 Evening Shuffleboard CT
2:00 Sunday Rummikub 3W 3:00 Prayer Time HR 3:00 Scrabble GR 4:25 Buccaneers vs Los Angeles Rams GR 	10:00 ChExercise HR 10:30 Painting with John HR 11:00 Weight Lifting WC 1:15 Bridge SW 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 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR	10:00 Scrabble Game 3E 10:00 Chair Yoga HR 11:00 Puzzle Fun 3E 1:00 IN2L Games HR 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:45 Trip to CVS or Walgreens 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR	9:15 Current Events Discussion GR 10:00 Canasta Cards 3E 11:00 Weight Lifting WC 11:15 Corn Hole Toss MR 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Wii Bowling Practice HR 2:30 Group Crosswords MR 3:30 Afternoon Shuffleboard CT	10:00 Rummikub 3W/3E 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Bible Trivia HR 1:15 Cogni Fit GR 2:00 Tai chi w/ Alix GR 3:00 Wii Golf HR 3:30 Afternoon Shuffleboard CT 4:00 Crocheting Fun 3E	8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:00 Special Veteran's Day Breakfast DR 10:00 ChExercise HR 11:00 Weight Lifting WC 1:15 Special Veterans Day Program HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard CT Veterans Day!	10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR
9:30 am Buccaneers vs Seattle Seahawks GR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR 	10:00 ChExercise HR 10:30 Painting with John HR 11:00 Weight Lifting WC 1:15 Bridge SW 1:15 Wii Bowling HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork WC 3:00 Group Crosswords GR 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR	10:00 Canasta Cards 3E 10:00 Chair Yoga HR 11:00 Garden Walk 1:00 Yarn Art 3E 1:15 Cogni Fit GR 2:30 Jerry DeMark on Piano MR 2:45 Trip to Publix 3:30 Afternoon Shuffleboard CT 4:00 Pat's Farewell Resident Social HR	10:00 Jewelry by Michele MR 10:00 ChExercise HR 10:30 Sequence Dice Game 3E 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 2:30 Wii Bowling Practice HR 3:30 Afternoon Shuffleboard CT 4:00 Wine Tasting Class HR	10:00 Rummikub 3W/3E 10:00 Chair Yoga GR 10:15 Coffee Concert-Tickets in Advance "Arabian Fantasy" 11:00 Bible Sharing /Pastor Ross GR 1:15 Cogni Fit GR 2:00 Tai chi w/ Alix GR 3:30 Afternoon Shuffleboard CT 4:00 November B'day Party HR	8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 10:00 Morning Trivia 3E 10:00 ChExercise GR 10:30 Catholic Communion HR 11:30 Lunch Outing to Billy's Stonecrab 1:15 Cogni Fit GR 1:15 Bingo HR 3:30 3E Social Hour 3E 3:30 Afternoon Shuffleboard CT	10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th FL 2:30 Rootbeer Floats MR 3:00 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR
2:00 Musical Program with Will & Michele HR 2:00 Sunday Rummikub 3W 3:00 Prayer Time DR 3:00 Scrabble GR 	10:00 ChExercise HR 10:30 Painting with John HR 11:00 Weight Lifting WC 11:15 Activity Planning Meeting 1st FL 1:15 Cogni Fit GR 1:15 Bridge SW 1:15 Wii Bowling HR 2:00 Thera-Bandwork GR 3:00 Group Crosswords GR 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR	10:00 UNO Cards 3E 10:00 Chair Yoga HR 10:30 Puzzle Fun 3E 1:00 Word Games 3E 1:15 Cogni Fit GR 2:00 Blurt It Out 3E 2:45 Trip to Aldi Grocery Store 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR	10:00 Card Play 3E 10:00 ChExercise HR 10:30 Garden Walk 11:15 Corn Hole Toss MR 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Wii Bowling Practice HR 3:30 Afternoon Shuffleboard CT 3:30 2W & 3W Resident Social 3W	10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Aqua Fit Pool 12:00 Thanksgiving Day Meal DR 1:30 Cogni Fit GR 2:15 Tai Chi w/ Alix GR 	9:00 Fishing off the Seawall 10:00 ChExercise HR 11:00 Weight Lifting WC 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard CT	10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR
1:00 Buccaneers vs Cleveland Browns GR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR 	10:00 Assessments with Alix 11:00 Weight Lifting WC 1:15 Cogni Fit GR 1:15 Bridge SW 1:15 Wii Bowling HR 2:00 Thera-Bandwork GR 3:00 Group Crosswords GR 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR	10:00 Chair Yoga HR 10:00 Trip to Hard Rock Casino "Good Luck!!" 11:00 Aqua Fit Pool 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix HR 3:30 Afternoon Shuffleboard CT 4:00 Ladies Social HR 4:30 Men's Night Out TBA	9:15 Current Events Discussion GR 10:00 ChExercise HR 10:00 Audio Book Story 3E 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Wii Bowling Practice HR 2:30 Group Crossword MR 3:00 New Resident Orientation HR 3:30 Afternoon Shuffleboard CT 4:00 Dinner Outing TBA	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	1st- Sandra A. 2W 6th- Joan C. 2W 16th- Joan M. 3W 23rd- Tom G. 2W 27th- Millie P. 3W 30th- Lee B. 2W	