
















# November College Harbor Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>November is a Great Month for Sharing! Enjoy!</i></p>	<p>9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Aqua Fit Pool <b>11:30 Lunch Out to "Island Grill"</b> 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:30 Jerry DeMark on Piano MR 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>10:00 ChExercise HR 11:00 Book Club Meeting 5W 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 3:30 Afternoon Shuffleboard CT <b>4:00 Blackjack with Prizes HR</b></p>	<p>10:00 Rummikub 3W 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 11:00 Aqua Fit Pool 1:00 Canasta Game 4W 1:15 Cogni Fit GR 2:00 Tai chi w/ Alix GR 3:30 Afternoon Shuffleboard CT <b>4:00 1st Floor Block Party HR</b></p>	<p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 9:45 Trip to Publix 10:00 ChExercise GR <b>10:30 Catholic Communion HR</b> 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR <b>2:45 Trip to Pinellas Point Library</b> 3:30 Afternoon Shuffleboard CT</p>	<p>10:15 Chairobics GR <b>11:00 Chapel Service HR</b> 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</p>
<p>2:00 Sunday Rummikub 3W 3:00 Prayer Time HR 3:00 Scrabble GR 4:25 Buccaneers vs Los Angeles Rams GR</p> 	<p>10:00 ChExercise HR <b>10:30 Painting with John HR</b> 11:00 Weight Lifting WC 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit MR <b>1:30 Craft Class GR Sign up in Book</b> 2:00 Thera -Bandwork WC 3:00 Group Crosswords GR 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR</p> 	<p>9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Aqua Fit Pool <b>11:20 Lunch Out to "Mademoiselle Paris French Restaurant" Sarasota</b> 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>9:15 Current Events Discussion GR 10:00 ChExercise HR 11:00 Weight Lifting WC 11:15 Corn Hole Toss MR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 3:30 Afternoon Shuffleboard CT <b>4:00 4th Floor Block Party 4W</b></p>	<p>10:00 Rummikub 3W 10:00 Chair Yoga GR 11:00 Bible Sharing /Pastor Ross HR 11:00 Aqua Fit Pool 1:00 Canasta Game 4W 1:15 Cogni Fit GR 2:00 Tai chi w/ Alix GR 3:30 Afternoon Shuffleboard CT <b>4:00 5th Floor Block Party 5W</b></p>	<p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 9:45 Trip to Publix <b>10:00 Special Veteran's Day Breakfast DR</b> 10:00 ChExercise HR 11:00 Weight Lifting WC <b>1:15 Special Veteran's Day Program HR</b> 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:45 Trip to Bealls 3:30 Afternoon Shuffleboard CT</p>	<p>10:15 Chairobics GR <b>11:00 Chapel Service</b> 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR</p> 
<p>9:30 am Buccaneers vs Seattle Seahawks GR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR</p> 	<p>10:00 ChExercise HR <b>10:30 Painting with John HR</b> 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 3:30 Afternoon Shuffleboard 6:30 Evening Bingo HR</p> 	<p>9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Aqua Fit Pool <b>11:20 Lunch Outing to "Cooper's Hawk"</b> 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:30 Jerry DeMark on Piano MR 3:30 Afternoon Shuffleboard CT <b>4:00 Pat's Farewell Resident Social HR</b></p>	<p><b>10:00 Jewelry By Michele MR</b> 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 Crosswords MR 3:30 Afternoon Shuffleboard CT <b>4:00 Wine Tasting Class HR</b></p> 	<p>10:00 Rummikub 3W 10:00 Chair Yoga GR 10:15 Coffee Concert-Tickets in Advance <b>11:00 Bible Sharing /Pastor Ross GR</b> 11:00 Aqua Fit Pool 1:00 Canasta Game 4W 1:15 Cogni Fit GR 2:00 Tai chi w/ Alix GR 3:30 Afternoon Shuffleboard CT <b>4:00 November B'day Party HR</b></p>	<p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing off the Seawall 9:45 Trip to Publix 10:00 ChExercise GR <b>10:30 Catholic Communion HR</b> 11:00 Weight Lifting WC 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Thera-Bandwork GR <b>2:45 Trip to Walmart</b> 3:30 Afternoon Shuffleboard CT</p>	<p>10:15 Chairobics GR <b>11:00 Chapel Service HR</b> 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR</p> 
<p><b>2:00 Musical Program with Will &amp; Michele HR</b> 2:00 Sunday Rummikub 3W 3:00 Prayer Time DR 3:00 Scrabble GR</p> 	<p>10:00 ChExercise HR <b>10:30 Painting with John HR</b> 11:00 Weight Lifting WC <b>11:15 Activity Planning Meeting 1st FL</b> 1:15 Cogni Fit GR 1:15 Bridge 5W 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</p> 	<p>9:00 Banking Trips 10:00 Chair Yoga HR 11:00 Aqua Fit Pool <b>11:30 Lunch Outing "Athenian Gardens"</b> 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 2:30 Jerry DeMark on Piano MR 2:45 Trip to Aldi Grocery Store 3:30 Afternoon Shuffleboard CT 4:00 Residents Social HR</p>	<p><b>9:45 Trip to Publix</b> 10:00 ChExercise HR 11:15 Corn Hole Toss MR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crossword MR 3:30 Afternoon Shuffleboard CT</p>	<p>10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Aqua Fit Pool <b>12:00 Thanksgiving Day Dinner DR</b> 1:30 Cogni Fit GR 2:15 Tai Chi w/ Alix GR</p> 	<p>10:00 ChExercise HR 11:00 Weight Lifting WC 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard CT</p> 	<p>10:15 Chairobics GR <b>11:00 Chapel Service HR</b> 2:00 Rummikub 5th FL 3:00 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR</p> 
<p>1:00 Buccaneers vs Cleveland Browns GR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR</p> 	<p>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 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR</p>	<p>9:00 Banking Trips 10:00 Chair Yoga HR <b>10:00 Trip to Hard Rock Casino</b> 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</p>	<p>9:15 Current Events Discussion GR 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 3:00 New Resident Orientation HR 3:30 Afternoon Shuffleboard CT <b>4:00 Dinner Out to "Pearl Restaurant" Gulfport</b></p>	<p><b>Olli Classes at Eckerd College</b> Olli Classes Fill Quickly So Call Early! Need Help Enrolling Call #5211 Members \$10 Non Member \$25</p> 	<p><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 MR - Morning Room WC - Wellness Center</p>	<p><b>Tech Support for Internet, Email or Cell Phone</b> Call Elise #5211</p> 