













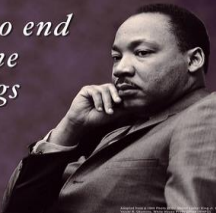


January 2023 College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>1:00 Resident Choice Football Game GR 2:00 Sunday Rummikub 3W 3:00 Scrabble MR</p> <p>Welcome 2023! Happy New Year!!</p>	<p>2</p> <p>1:15 Bridge 5W 1:15 Wii Bowling HR 3:30 Afternoon Shuffleboard CT 4:00 Garden Walks on your Own 6:30 Evening Bingo GR</p>	<p>3</p> <p>10:00 Word Jumbles 3E 10:00 Chair Yoga HR 10:30 Rummikub 3E 1:15 Cogni Fit GR 1:15 Puzzle Fun 3E 2:00 Tai Chi w/Alix GR 2:30 Jerry DeMark on Piano MR 2:45 Trip to CVS & Walgreens 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>4</p> <p>10:00 ChExercise HR 10:00 Trivia Time 3E 11:15 Audio Book Story 3E 1:15 Cogni Fit GR 1:15 Bingo HR 2:30 Group Crosswords MR 2:30 Wii Games HR 3:30 Afternoon Shuffleboard CT 4:00 Blackjack with Prizes HR</p>	<p>5</p> <p>10:00 Chair Yoga HR 10:00 Rummikub 3W/3E 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Resident Choice Activity 3E</p>	<p>6</p> <p>8:00 Beachwalk Pass-a-Grille 10:00 Catholic Mass HR 10:00 ChExercise GR 10:30 Crocheting Basics 3E 1:15 Bingo HR 1:15 Cogni Fit MR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard CT 3:30 Social Hour 3E</p>	<p>7</p> <p>10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Polka Music By John HR 2:00 Rummikub 5th Floor 3:30 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR</p> 
<p>8</p> <p>2:00 Sunday Rummikub 3W 1:00 Resident Choice Football Game GR 3:00 Prayer Time HR 3:00 Scrabble MR</p> 	<p>9</p> <p>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 2:00 Thera-Band work WC 3:00 Group Crosswords GR 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo GR</p>	<p>10</p> <p>10:00 Scrabble Game 3E 10:00 Chair Yoga HR 10:30 Rummikub 3E 1:15 Puzzle Fun 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 2:45 Trip to Publix 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>11</p> <p>10:00 ChExercise HR 10:00 Rummikub 3W 11:15 Audio Book Story 3E 1:15 Cogni Fit GR 1:15 Bingo HR 2:30 Group Crosswords MR 2:30 Wii Games HR 3:30 Afternoon Shuffleboard CT 4:00 2W and 3W Social Hour 3W</p>	<p>12</p> <p>10:00 Chair Yoga HR 10:15 Coffee Concert-Tickets in Advance 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 3E 1:15 Cogni Fit GR 2:30 Resident Council Meeting HR 3:30 Afternoon Shuffleboard CT 4:00 IN2L Computer Games 3E</p>	<p>13</p> <p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 10:00 ChExercise HR 10:30 Crocheting Basics 3E 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard CT 3:30 Social Hour 3E</p> 	<p>14</p> <p>10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th Floor 2:00 Rootbeer Floats MR 3:30 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 4:00 Billards and Beer GR</p> 
<p>15</p> <p>1:00 NFL Playoffs GR 2:00 Sunday Rummikub 3W 2:00 Musical Program with Will & Michelle HR 3:00 Prayer Time HR 3:00 Scrabble GR</p> 	<p>16</p> <p>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 GR 3:00 Group Crosswords GR 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR Martin Luther King Jr Day</p> 	<p>17</p> <p>10:00 Morning Walk 10:00 Chair Yoga HR 10:30 Rummikub 3E 1:15 Puzzle Fun 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 2:45 Trip to Dollar Tree 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>18</p> <p>9:15 Current Events Discussion GR 10:00 ChExercise HR 10:00 Adult Coloring Therapy 3E 1:15 Cogni Fit GR 1:15 Bingo HR 2:30 Group Crosswords MR 2:30 Wii Games 3E 3:30 Afternoon Walk 4:00 Wine Tasting Class HR</p> 	<p>19</p> <p>10:00 Chair Yoga HR 10:00 Rummikub 3W/3E 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Friends & Family "Roaring 20's" Themed Dinner Party DR/HR/GR</p>	<p>20</p> <p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 10:00 ChExercise GR 10:30 Crocheting Basics 3E 10:30 Catholic Communion HR 1:15 Cogni Fit GR 1:15 Bingo HR 3:30 Afternoon Shuffleboard 3:30 Social Hour 3E</p>	<p>21</p> <p>10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 1:15 Load for American Stage "Crimes of the Heart" \$38 2:00 Rummikub 5th Floor 3:30 Scrabble Game GR 3:30 Afternoon Shuffleboard 4:00 Billards and Beer GR</p> 
<p>22</p> <p>1:00 NFL Playoffs GR 2:00 Sunday Rummikub 3W 3:00 Scrabble GR 3:00 Prayer Time HR</p> 	<p>23</p> <p>10:00 ChExercise HR 10:30 Painting w/John HR 11:00 Weight Lifting WC 11:15 Activity Planning Meeting 1W 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>24</p> <p>10:00 UNO Game 3E 10:00 Chair Yoga HR 10:30 Rummikub 3E 1:15 Puzzle Fun 3E 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 Resident Social HR</p>	<p>25</p> <p>10:00 ChExercise HR 10:00 Audio Book Story 3E 11:15 Corn Hole Toss MR 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Group Crosswords MR 2:30 Wii Games 3E 3:30 Afternoon Shuffleboard CT 4:15 Dinner Outing to "Gratzzi"</p>	<p>26</p> <p>10:00 Chair Yoga HR 10:00 Jewelry By Michele MR 10:00 Rummikub 3W/3E 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 January Birthday Party HR</p>	<p>27</p> <p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 10:00 ChExercise HR 10:00 Rummikub 3W 11:00 Weight Lifting WC 11:15 Lunch Outing to Cracker Barrel 1:15 Bingo HR 3:30 Afternoon Shuffleboard 6:30 Movie Night "The Sting" HR</p> 	<p>28</p> <p>10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th Floor 3:30 Scrabble Game GR 3:30 Afternoon Shuffleboard 4:00 Billards and Beer GR</p> 
<p>29</p> <p>2:00 Sunday Rummikub 3W 3:00 Scrabble GR 4:00 Garden Walks on your Own</p> 	<p>30</p> <p>10:00 ChExercise HR 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>31</p> <p>10:00 Chair Yoga HR 11:00 Relaxation class WC 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Ladies Social HR 4:30 Men's Nite Out to Portofino Italian Restaurant</p>	<p>Happy Birthday</p> <p>5th Anne D. 3E 11th Lee B. 3W 19th Julius O. 2W Joe S. 2W 23rd Donald W. 3W</p>	<p><i>Our lives begin to end the day we become silent about things that matter.</i></p> <p><i>Martin Luther King, Jr.</i></p> 	<p>Room Key</p> <p>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>	

