













January 2023 College Harbor Happenings

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>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>9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Relaxation Class WC 11:20 Lunch Out to "Besito Mexican Restaurant" Westshore 1:15 Cogni Fit HR 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 11:00 Weight Lifting WC 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 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 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 4W 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 3:30 Afternoon Shuffleboard CT 4:00 1st Floor Block Party HR</p>	<p>6</p> <p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 9:45 Trip to Publix 10:00 Catholic Mass HR 10:00 ChExercise GR 11:00 Weight Lifting Class WC 1:15 Bingo HR 1:15 Cogni Fit MR 2:00 Thera-Bandwork GR 2:30 Trip to Pinellas Point Library 3:30 Afternoon Shuffleboard CT</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>9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Relaxation Class WC 11:20 Lunch Out to "The Columbia" Ybor City 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>11</p> <p>9:15 Current Events Discussion GR 10:00 ChExercise HR 10:00 Rummikub 3W 11:00 Weight Lifting WC 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 3:30 Afternoon Shuffleboard CT 4:00 4th Floor Block Party 4W</p>	<p>12</p> <p>10:00 Chair Yoga HR 10:20 Coffee Concert-Tickets in Advance 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 4W 1:15 Cogni Fit GR 2:00 Tai Chi w/ Alix GR 3:30 Afternoon Shuffleboard CT 4:00 5th Floor Block Party 5W</p>	<p>13</p> <p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 9:45 Trip to Publix 10:00 ChExercise HR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:45 Trip to Bealls 3:30 Afternoon Shuffleboard CT 6:30 Movie Night w/Popcorn HR</p>	<p>14</p> <p>10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th Floor 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>9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Relaxation Class WC 11:30 Lunch at "Parkshore Grille" 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>18</p> <p>10:00 ChExercise HR 10:00 Rummikub 3W 11:00 Weight Lifting WC 1:15 Cogni Fit GR 1:15 Bingo HR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 4:00 Wine Tasting Class HR</p> 	<p>19</p> <p>10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 4W 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</p>	<p>20</p> <p>8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 9:45 Trip to Publix 10:00 ChExercise GR 10:30 Catholic Communion HR 11:00 Weight Lifting WC 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:45 Trip to Walmart 3:30 Afternoon Shuffleboard</p>	<p>21</p> <p>10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 1:15 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>9:00 Banking Trips 10:00 Chair Yoga HR 11:00 Relaxation Class WC 11:20 Lunch Out to "Seasons 52" 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 2:30 Jerry DeMark on Piano MR 2:45 Trip to Aldi's Grocery Store 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR</p>	<p>25</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 4:30 Dinner Outing to "Gratzzi's"</p>	<p>26</p> <p>10:00 Chair Yoga HR 10:00 Jewelry By Michele MR 10:00 Rummikub 3W 11:00 Relaxation Class WC 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 4W 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 9:45 Trip to Publix 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 3:30 Afternoon Shuffleboard</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>9:00 Banking Trips 10:00 Chair Yoga HR 11:00 Relaxation class WC 11:20 Lunch Out to "Bahama Breeze Restaurant" Rocky Point 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</p>	<p>Tech Support for internet, Email or Cell Phone Call Elise #5211</p> 	<p>Olli Classes at Eckerd College Olli Classes Fill Quickly So Call Early! Need Help Enrolling Call #5211 Members \$10 Non Member \$25</p> 	<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>January is a Great Month for Trying Alix's Exercise Classes See You There Enjoy!</p>

