













March 2023 College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday to All!</p> 	<p>11th Bernice R. 2W</p> <p>16th Bettie C. 3E</p> <p>24th Sebastian N. 3E</p> <p>Olgerts B. 3W</p>	<p>27th Joan M. 2W</p> <p>30th Sonja S. 2W</p>	<p>10:00 ChExercise HR 1</p> <p>11:00 IN2L Games HR</p> <p>1:15 Cogni Fit GR</p> <p>1:15 Bingo HR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crosswords MR</p> <p>3:00 Mexican Dominoes 1W</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Blackjack with Prizes HR</p>	<p>10:00 Chair Yoga HR 2</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p>11:00 Bible Sharing /Pastor Ross HR</p> <p>1:00 Canasta Game 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Trivia Game 3E</p>	<p>8:00 Beachwalk Pass-a-Grille 3</p> <p>9:00 Fishing at the Seawall</p> <p>10:00 Catholic Mass HR</p> <p>10:00 ChExercise GR</p> <p>11:00 Crocheting 101 3E</p> <p>1:15 Bingo HR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Trip to Dollar Tree</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Social Hour 3E</p>	<p>10:15 Chairbics HR 4</p> <p>11:00 Chapel Service HR</p> <p>2:00 Rummikub 5th Floor</p> <p>2:30 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>3:30 Billards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p> 
<p>2:00 Sunday Rummikub 3W 5</p> <p>3:00 Scrabble MR</p> <p>4:00 Garden Walks on Your Own</p> 	<p>10:00 ChExercise HR 6</p> <p>10:30 Painting with John HR</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-Band work WC</p> <p>3:00 Group Crosswords GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>6:30 Evening Bingo HR</p>	<p>10:00 Chair Yoga HR 7</p> <p>11:00 Stretching Class GR</p> <p>11:00 Adult Coloring Therapy 3E</p> <p>1:00 Puzzle Fun 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:30 Jerry DeMark on Piano MR</p> <p>2:45 Trip to CVS & Walgreens</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Resident Social HR</p> <p>7:00 Evening Mexican Dominoes 1W</p>	<p>10:00 ChExercise HR 8</p> <p>10:00 Room Visits 3E</p> <p>11:00 Garden Walk</p> <p>1:15 Cogni Fit GR</p> <p>1:15 Bingo HR</p> <p>2:30 Group Crosswords MR</p> <p>3:00 Mexican Dominoes 1W</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 2W & 3W Social Hour 3W</p>	<p>10:00 Chair Yoga HR 9</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p>11:00 Bible Sharing /Pastor Ross HR</p> <p>1:00 Canasta Game 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p>2:30 Resident Council Meeting HR</p> <p>3:30 Afternoon Shuffleboard CT</p>	<p>8:00 Beachwalk Pass-a-Grille 10</p> <p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise HR</p> <p>11:15 Lunch Outing to Skidders SPB</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Social Hour 3E</p> <p>6:30 Movie Night -"Teahouse of the August Moon" HR</p> 	<p>10:15 Chairbics GR 11</p> <p>11:00 Chapel Service HR</p> <p>2:00 Rootbeer Floats MR</p> <p>2:30 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>3:30 Billards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p> 
<p>2:00 Sunday Rummikub 3W 12</p> <p>3:00 Prayer Time HR</p> <p>3:00 Scrabble GR</p> <p>4:00 Garden Walks on Your Own</p> <p>Daylight Savings Time Begins</p> <p>Turn Clocks 1 Hour Ahead</p>	<p>10:00 ChExercise HR 13</p> <p>10:30 Painting with John HR</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 GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>6:30 Evening Bingo HR</p> 	<p>10:00 Chair Yoga HR 14</p> <p>10:30 Scrabble Game 3E</p> <p>11:00 Stretching Class GR</p> <p>1:00 IN2L Computer</p> <p>1:15 Cogni Fit GR</p> <p>2:45 Trip to Walmart</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Resident Social HR</p> <p>6:30 Evening Rummikub 3W</p>	<p>10:00 ChExercise HR 15</p> <p>10:00 Rummikub 3W</p> <p>1:15 Cogni Fit GR</p> <p>1:15 Bingo HR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crosswords MR</p> <p>3:00 Mexican Dominoes 1W</p> <p>3:30 Afternoon Shuffleboard</p> <p>4:00 Garden Walk</p>	<p>10:00 Chair Yoga HR 16</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p>10:00 Jewelry By Michele MR</p> <p>10:20 Coffee Concert-Tickets in Advance</p> <p>11:00 Bible Sharing /Pastor Ross HR</p> <p>1:00 Canasta Game 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 March Birthday Party HR</p> 	<p>8:00 Beachwalk Pass-a-Grille 17</p> <p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise GR</p> <p>10:30 Catholic Communion HR</p> <p>11:00 Crocheting 101</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>4:00 Social Hour 3E</p> 	<p>10:00 Rummikub 3W 18</p> <p>10:15 Chairbics GR</p> <p>11:00 Chapel Service HR</p> <p>1:15 Bingo HR</p> <p>2:00 Rummikub 5th Floor</p> <p>2:30 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>3:30 Billards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p>
<p>2:00 Sunday Rummikub 3W 19</p> <p>2:00 Musical Program with Will & Michelle HR</p> <p>3:00 Scrabble GR</p> <p>3:00 Prayer Time HR</p> 	<p>10:00 ChExercise HR 20</p> <p>10:30 Painting w/John HR</p> <p>11:00 Weight Lifting WC</p> <p>11:15 Activity Planning Meeting 1W</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>3:30 Afternoon Shuffleboard CT</p> <p>6:30 Evening Bingo HR</p> 	<p>10:00 Chair Yoga HR 21</p> <p>11:00 Stretching Class GR</p> <p>11:00 Adult Coloring Therapy 3E</p> <p>1:00 Manicures 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:30 Jerry DeMark on Piano MR</p> <p>2:45 Trip to Aldi Grocery Store</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Resident Social HR</p> <p>7:00 Evening Mexican Dominoes 1W</p>	<p>10:00 ChExercise GR 22</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>3:30 Afternoon Shuffleboard CT</p> <p>4:15 Dinner Outing to "Harold Seltzer Steakhouse"</p>	<p>10:00 Chair Yoga HR 23</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p>11:00 Bible Sharing /Pastor Ross HR</p> <p>1:00 Canasta Game 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Poolside Sangrias</p>	<p>8:00 Beachwalk Pass-a-Grille 24</p> <p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise HR</p> <p>10:00 Rummikub 3W/3E</p> <p>11:00 Crocheting 101 3E</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>4:00 Social Hour 3E</p>	<p>10:00 Rummikub 3W 25</p> <p>10:15 Chairbics GR</p> <p>11:00 Chapel Service HR</p> <p>2:00 Rummikub 5th Floor</p> <p>2:45 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>3:30 Billards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p>
<p>2:00 Sunday Rummikub 3W 26</p> <p>3:00 Scrabble GR</p> <p>3:00 Prayer Time HR</p> <p>4:00 Garden Walks on your Own</p> 	<p>10:00 ChExercise HR 27</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>3:30 Afternoon Shuffleboard CT</p> <p>6:30 Evening Bingo HR</p> 	<p>10:00 Chair Yoga HR 28</p> <p>10:30 Scrabble Game 3E</p> <p>11:00 Stretching Class GR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p>2:45 Trip to Publix</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Ladies Social HR</p> <p>4:15 Men's Night Out to Pepo's Cuban Cafe</p>	<p>9:15 Current Events DiscussionGR 29</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 Group Crosswords MR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Wine Tasting Class HR</p>	<p>10:00 Chair Yoga HR 30</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p>11:00 Bible Sharing /Pastor Ross HR</p> <p>1:00 Canasta Game 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Friends & Family "The "40's" Themed Dinner Party DR/HR/GR</p>	<p>8:00 Beachwalk Pass-a-Grille 31</p> <p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise HR</p> <p>10:00 Rummikub 3W/3E</p> <p>12:00 Movie Outing TBA</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>4:00 Social Hour 3E</p>	<p>Room Key</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>