








March 2023 College Harbor Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tech Support for internet, Email or Cell Phone Call Elise #5211 	Olli Classes at Eckerd College Olli Classes Fill Quickly So Call Early! Need Help Enrolling Call #5211 Members \$10 Non Member \$25 	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 3:00 Mexican Train Game 1W 3:30 Afternoon Shuffleboard CT 4:00 Blackjack with Prizes HR 4:00 Garden Walks on Your Own	10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Stretching Class GR 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 Town Hall Meeting HR	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 Dollar Tree 3:30 Afternoon Shuffleboard CT	10:15 Chairobics HR 11:00 Chapel Service HR 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 3:30 Billards and Beer GR 4:00 Garden Walks on Your Own 
2:00 Sunday Rummikub 3W 3:00 Scrabble MR 4:00 Garden Walks on Your Own 	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 HR	9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Stretching Class GR 11:30 Lunch Out "Left Bank" French 1:15 Cogni Fit GR 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 7:00 Mexican Train Game 1W	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 3:00 Mexican Train Game 1W 3:30 Afternoon Shuffleboard CT 4:00 1st Floor Block Party HR	9:45 Trip to Publix 10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Stretching Class GR 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 4th Floor Block Party 4W	8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 10:00 ChExercise HR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard CT 6:30 Movie Night w/Popcorn HR	10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rootbeer Floats MR 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Afternoon Shuffleboard CT 3:30 Billards and Beer GR
2:00 Sunday Rummikub 3W 3:00 Prayer Time HR 3:00 Scrabble GR 4:00 Garden Walks on Your Own Daylight Savings Time Begins	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 3:30 Afternoon Shuffleboard CT 6:30 Evening Bingo HR	9:00 Banking Trip 10:00 Chair Yoga HR 11:00 Stretching Class GR 11:20 Lunch at "Pier 22 Restaurant" 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Resident Social HR 6:30 Evening Bingo HR	9:45 Trip to Publix 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 3:00 Mexican Train Game 1W 4:00 5th Floor Block Party 5W	10:00 Chairobics HR 10:00 Rummikub 3W 10:00 Jewelry By Michele MR 10:20 Coffee Concert-Tickets in Advance 11:00 Bible Sharing /Pastor Ross HR 1:00 Canasta Game 4W 3:30 Afternoon Shuffleboard CT 4:00 March Birthday Party HR	8:00 Beachwalk Pass-a-Grille 9:00 Fishing at the Seawall 10:00 ChExercise GR 10:30 Trip to MFA "Art in Bloom" \$17 & Lunch at Parkshore Grille 10:30 Catholic Communion HR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard	10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 1:15 Bingo HR 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Afternoon Shuffleboard 3:30 Billards and Beer GR 4:00 Garden Walks on Your Own
2:00 Sunday Rummikub 3W 2:00 Musical Program with Will & Michelle HR 3:00 Scrabble GR 3:00 Prayer Time HR 	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	9:00 Banking Trips 10:00 Chair Yoga HR 11:00 Stretching Class GR 11:20 Lunch Out "Cheesecake Factory" 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 7:00 Mexican Train Game 1W	10:00 ChExercise GR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 3:00 Mexican Train Game 1W 3:30 Afternoon Shuffleboard CT 4:15 Dinner Outing to "Harold Seltzer Steakhouse"	10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Stretching Class GR 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 Poolside Sangrias Pool House	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 2:45 Trip to Walmart 3:30 Afternoon Shuffleboard	10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Afternoon Shuffleboard 3:30 Billards and Beer GR 4:00 Garden Walks on Your Own
2:00 Sunday Rummikub 3W 3:00 Scrabble GR 3:00 Prayer Time HR 4:00 Garden Walks on your Own 	10:00 Alix's Assessments 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	9:00 Banking Trips 10:00 Chair Yoga HR 11:00 Stretching Class GR 11:20 Lunch at "Paul's Landing" 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 3:30 Afternoon Shuffleboard CT 4:00 Ladies Social HR 4:15 Men's Nite: Pepo's Cuban Cafe 6:30 Evening Bingo HR	9:15 Current Events Discussion GR 10:00 ChExercise GR 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 3:00 Mexican Train Game 1W 3:30 Afternoon Shuffleboard CT 4:00 Wine Tasting Class HR	10:00 Chair Yoga HR 10:00 Rummikub 3W 11:00 Stretching Class GR 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 "The '40's" Themed Dinner Party DR	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 12:00 ish Movie Outing: TBA 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 3:30 Afternoon Shuffleboard	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