








# April 2023 College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1st</b> Sally R. 3W</p> <p><b>9th</b> Vera D. 3E</p> <p><b>30th</b> Danny D. 3E</p>	<p>Challenge yourself, grow, blossom, and become who you were meant to be.</p> <p>Carolyn Aronson</p>		<p><b>Room Key</b></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>	<p>10:15 Chairobics HR</p> <p><b>11:00 Chapel Service HR</b></p> <p>2:00 Rummikub 5th Floor</p> <p>2:45 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>3:30 Billiards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p> 
<p>1:10 Rays Baseball vs Tigers</p> <p>1:30 Canasta 4W</p> <p>2:00 Sunday Rummikub 3W</p> <p>3:00 Scrabble MR</p> <p>4:00 Garden Walks on Your Own</p> 	<p>10:00 ChExercise HR</p> <p><b>10:30 Painting with John HR</b></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</p> <p>10:30 Kings in the Corner Cards 3E</p> <p>11:00 Stretching Class GR</p> <p>1:00 IN2L Games HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p><b>2:30 Jerry DeMark on Piano MR</b></p> <p>2:45 Trip to CVS &amp; Walgreens</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Resident Social HR</p> <p>6:30 Mexican Train Game GR</p>	<p>10:00 ChExercise HR</p> <p>10:00 Rummikub 3W/3E</p> <p>11:00 Weight Lifting WC</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>2:30 Mexican Train Game GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Puzzle Fun 3E</p> <p><b>Passover Begins at Sundown</b></p>	<p>10:00 Chair Yoga HR</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p>1:00 Spring Art Project 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p><b>2:30 Island Notes Singing Group HR</b></p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Scrabble Game 3E</p>	<p>8:00 Beachwalk Pass-a-Grille</p> <p>9:00 Fishing at the Seawall</p> <p>10:00 Chairobics HR</p> <p>11:00 Crocheting Time 3E</p> <p>1:15 Bingo HR</p> <p>2:30 Trip to Bealls</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Social Hour 3E</p> <p><b>Good Friday</b></p>	<p>10:00 Rummikub 3W</p> <p>10:15 Chairobics GR</p> <p><b>11:00 Chapel Service HR</b></p> <p><b>1:15 FreeFall Theatre "Baskerville" Tickets \$55</b></p> <p>2:00 Rummikub 5th Floor</p> <p>2:45 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>3:30 Billiards and Beer GR</p>
<p>1:10 Rays Baseball vs Red Sox</p> <p>1:30 Canasta 4W</p> <p>2:00 Sunday Rummikub 3W</p> <p>3:00 Scrabble GR</p> <p>4:00 Garden Walks on Your Own</p> 	<p>10:00 ChExercise HR</p> <p><b>10:30 Painting with John HR</b></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>3:00 Group Crosswords GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>6:30 Evening Bingo HR</p>	<p>10:00 Chair Yoga HR</p> <p>10:30 Kings in the Corner Cards 3E</p> <p>11:00 Stretching Class GR</p> <p>1:00 IN2L Games HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p>2:30 Trip to Publix</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Resident Social HR</p> <p><b>4:30 Mexican Train Game GR</b></p>	<p>9:15 Current Event Discussion GR</p> <p>10:00 ChExercise HR</p> <p>10:00 Rummikub 3W/3E</p> <p>11:00 Weight Lifting WC</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 Train Game GR</p> <p><b>4:00 Wine Tasting Class HR</b></p>	<p>10:00 Chair Yoga HR</p> <p>10:00 Rummikub 3WM</p> <p>10:15 FL Orch Coffee Concert</p> <p>11:00 Stretching Class GR</p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p>1:00 Painting Fun 3E</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/ Alix GR</p> <p><b>3:30 "Nauti Cats" Music Program HR</b></p> <p>3:30 Afternoon Shuffleboard CT</p>	<p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise GR</p> <p><b>10:30 Catholic Communion HR</b></p> <p>11:00 Crocheting Time 3E</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Adult Coloring 3E</p> <p>3:30 Afternoon Shuffleboard</p>	<p>10:00 Rummikub 3W</p> <p>10:15 Chairobics GR</p> <p><b>11:00 Chapel Service HR</b></p> <p>2:00 Rummikub 5th Floor</p> <p><b>2:30 Music: "Sax Quartet" HR</b></p> <p>2:45 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>3:30 Billiards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p>
<p>1:30 Canasta 4W</p> <p>1:37 Rays Baseball vs Blue Jays</p> <p>2:00 Sunday Rummikub 3W</p> <p><b>2:00 Musical Program with Will &amp; Michelle HR</b></p> <p>3:00 Scrabble GR</p> 	<p>10:00 ChExercise HR</p> <p><b>10:30 Painting w/John HR</b></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</p> <p>10:30 Kings in the Corner Cards 3E</p> <p>11:00 Stretching Class GR</p> <p>1:00 IN2L Games HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p><b>2:30 Piano Music By Anthony MR</b></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>6:30 Mexican Train Game GR</p>	<p>10:00 ChExercise GR</p> <p>10:00 Rummikub 3W/3E</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo 3rd FL</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Thera-Bandwork GR</p> <p>2:30 Group Crosswords MR</p> <p>2:30 Mexican Train Game GR</p> <p>3:30 Afternoon Shuffleboard CT</p> <p><b>4:15 Dinner Outing TBA</b></p>	<p>10:00 Chair Yoga HR</p> <p>10:00 Jewelry By Michele MR</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p>1:00 Spring Baking Fun 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><b>4:00 April Birthday Party HR</b></p>	<p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise HR</p> <p><b>10:30 Catholic Communion HR</b></p> <p>11:00 Weight Lifting WC</p> <p><b>11:15 Lunch Outing to The Olive Garden</b></p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Adult Coloring 3E</p> <p>3:30 Afternoon Shuffleboard</p> <p>4:00 Social Hour 3E</p>	<p>10:00 Rummikub 3W</p> <p>10:15 Chairobics GR</p> <p><b>11:00 Chapel Service HR</b></p> <p>1:15 Bingo 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 Billiards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p>
<p>1:30 Canasta 4W</p> <p>1:40 Rays Baseball vs White Sox (23rd &amp; 30th)</p> <p>2:00 Sunday Rummikub 3W</p> <p><b>3:00 Prayer Time HR (23rd)</b></p> <p>4:00 Garden Walks on your Own</p> 	<p>10:00 Alix's Assessments</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</p> <p>10:30 Kings in the Corner Cards 3E</p> <p>11:00 Stretching Class GR</p> <p>1:00 IN2L Games HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Tai Chi w/Alix GR</p> <p>2:30 Trip to Dollar Tree</p> <p>3:30 Afternoon Shuffleboard CT</p> <p>4:00 Ladies Social HR</p> <p><b>4:15 Men's Nite Out TBA</b></p>	<p>9:15 Current Events Discussion GR</p> <p>10:00 ChExercise GR</p> <p>10:00 Rummikub 3W/3E</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>2:30 Mexican Train Game GR</p> <p><b>4:00 2W and 3W Social Hour 3W</b></p>	<p>10:00 Chair Yoga HR</p> <p>10:00 Rummikub 3W</p> <p>11:00 Stretching Class GR</p> <p><b>11:00 Bible Sharing /Pastor Ross HR</b></p> <p>1:00 Spring Art Project 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><b>4:00 Friends &amp; Family "The '50's" Themed Dinner Party DR/HR/GR</b></p>	<p>9:00 Fishing at the Seawall</p> <p>10:00 ChExercise HR</p> <p>10:00 Garden Walk</p> <p>11:00 Crocheting Time 3E</p> <p>11:00 Weight Lifting WC</p> <p>1:15 Bingo HR</p> <p>1:15 Cogni Fit GR</p> <p>2:00 Adult Coloring 3E</p> <p>4:00 Social Hour 3E</p>	<p>10:00 Rummikub 3W</p> <p>10:15 Chairobics GR</p> <p><b>11:00 Chapel Service HR</b></p> <p>2:00 Rummikub 5th Floor</p> <p>2:45 Scrabble Game GR</p> <p>3:30 Afternoon Shuffleboard</p> <p>3:30 Billiards and Beer GR</p> <p>4:00 Garden Walks on Your Own</p>