





June College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		13th Erna K. 3W 18th Zoila R. 2W Ken H. 2W 26th Betty B. 3E	Life is not about having and getting, it's about being and becoming. Myrna Loy	10:00 Chair Yoga HR 10:00 Rummikub 3W/3E 11:00 Stretching Class GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Card Games 3E 1:15 Cogni Fit GR 2:00 Rootbeer Floats MR 3:30 Garden Walks 6:30 Evening Shuffleboard CT	8:30 Aqua Fit Pool 9:00 Fishing at the Seawall 10:00 ChExercise GR 10:00 Catholic Mass HR 10:00 Chats with Shirley 3E 11:00 Weight Lifting WC 1:15 Bingo HR 1:15 Cogni Fit GR 4:00 Social Hour 3E 6:30 Evening Shuffleboard Ct	10:15 Chairobics GR 11:00 Chapel Service GR 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Billards and Beer GR 4:00 Garden Walks on Your Own 6:30 Evening Shuffleboard Ct
1:40 Rays Baseball vs Yankees 1:30 Canasta 4W 2:00 Sunday Rummikub 3W 3:00 Prayer Time HR 3:00 Scrabble MR 4:00 Garden Walks on Your Own 	4 10:00 ChExercise HR 10:30 Painting with John HR 11:00 Advanced 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 6:30 Evening Bingo HR	5 10:00 Chair Yoga HR 10:30 Puzzle Fun 3E 11:00 Stretching Class GR 1:00 IN2L Computer Games HR 1:15 Cogni Fit GR 2:30 Piano Music with Aaron MR 2:45 Trip to CVS or Walgreens 4:00 Resident Social HR 6:30 Mexican Train Game GR 6:30 Evening Shuffleboard Ct	6 8:30 Aqua Fit Pool 10:00 ChExercise HR 10:00 Rummikub 3W/3E 11:00 Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bingo HR 2:30 Group Crosswords MR 3:00 Mexican Train Game GR 4:00 2W and 3W Social Hour 3W 6:30 Evening Shuffleboard CT	7 10:00 Chair Yoga HR 10:00 Rummikub 3W/3E 11:00 Stretching Class GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Card Games 3E 1:15 Cogni Fit GR 2:30 Resident Council Meeting HR 4:00 Adult Coloring Therapy 3E 6:00 Garden Walk 6:30 Evening Shuffleboard Ct	8 8:30 Aqua Fit Pool 9:00 Fishing at the Seawall 10:00 ChExercise GR 10:00 Chats with Shirley 3E 11:00 Weight Lifting HR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Trip to Bealls 4:00 Social Hour 3E 6:30 Evening Shuffleboard Ct	9 10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 1:15 Bingo HR 2:00 Rummikub 5W 2:45 Scrabble Game GR 3:30 Billards and Beer GR 6:30 Evening Shuffleboard CT
1:35 Rays Baseball vs Yankees 1:30 Canasta 4W 2:00 Sunday Rummikub 3W 3:00 Scrabble GR 4:00 Garden Walks on Your Own 	11 10:00 ChExercise HR 10:30 Painting with John HR 11:00 Advanced Weight Lifting WC 1:15 Bridge 5W 1:15 Wii Bowling HR 1:15 Cogni Fit MR 1:30 Craft Class GR 2:00 Thera-Bandwork GR 3:00 Group Crosswords GR 6:30 Evening Bingo HR	12 10:00 Chair Yoga HR 10:30 Make Your Own Granola Mix 3E 11:00 Stretching Class GR 1:00 IN2L Computer Games 3E 1:15 Cogni Fit GR 2:45 Trip to Publix 4:00 Wine Tasting HR 6:30 Mexican Train Game GR 6:30 Evening Shuffleboard CT	13 8:30 Aqua Fit Pool 10:00 ChExercise HR 10:00 Rummikub 3W/3E 11:00 Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bingo HR 2:30 Group Crosswords MR 3:00 Mexican Train Game GR 4:00 Wii Games HR 6:30 Evening Shuffleboard CT	14 10:00 Chair Yoga HR 10:00 Jewelry By Michele MR 10:00 Rummikub 3W/3E 11:00 Stretching Class GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Card Games 3E 1:15 Cogni Fit GR 2:00 Fruit Smoothies 3E 4:00 June Birthday Party HR 6:30 Evening Shuffleboard CT	15 8:30 Aqua Fit Pool 9:00 Fishing at the Seawall 10:00 ChExercise GR 10:00 Chats with Shirley 3E 10:30 Catholic Communion HR 11:00 Weight Lifting WC 11:30 Lunch Outing to The Olive Garden 1:15 Bingo HR 1:15 Cogni Fit GR 4:00 Social Hour 3E	16 10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 1:15 Load for Freefall Theatre "Oz" \$55 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Billards and Beer GR 6:30 Evening Shuffleboard CT
1:10 Rays Baseball vs San Diego 1:30 Canasta 4W 2:00 Sunday Rummikub 3W 2:00 Special Father's Day Musical Program with Will & Michelle HR 3:00 Scrabble GR 	18 10:00 ChExercise HR 10:30 Painting Class with John HR 11:00 Advanced 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 6:30 Evening Bingo HR	19 10:00 Chair Yoga HR 10:30 UNO Card Game 3E 11:00 Stretching Class GR 1:00 IN2L Computer Games HR 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 2:30 Piano Music with Aaron MR 2:45 Trip to Aldi Grocery Store 4:00 Resident Social HR 6:30 Mexican Train Game GR 6:30 Evening Shuffleboard CT	20 8:30 Aqua Fit Pool 10:00 ChExercise GR 11:00 Weight Lifting HR 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Group Crosswords MR 3:00 Mexican Train Game GR 4:15 Dinner Outing to "Middle Grounds" Treasure Island 6:30 Evening Shuffleboard CT	21 10:00 Chair Yoga HR 11:00 Rummikub 3W/3E 11:00 Stretching Class GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Card Games 3E 1:15 Cogni Fit GR 2:30 Garden Walks 4:00 Painting Fun 3E 6:30 Evening Shuffleboard CT	22 8:30 Aqua Fit Pool 9:00 Fishing at the Seawall 10:00 ChExercise HR 10:00 Chats with Shirley 3E 11:00 Weight Lifting HR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Puzzle Fun 3E 4:00 Social Hour 3E 6:30 Evening Shuffleboard CT	23 10:00 Rummikub 3W 10:15 Chairobics GR 11:00 Chapel Service HR 12:00 Movie Outing TBA 2:00 Rummikub 5th Floor 2:45 Scrabble Game GR 3:30 Billards and Beer GR 4:00 Garden Walks on Your Own 6:30 Evening Shuffleboard Ct
1:30 Canasta 4W 1:30 Caregiver's Day Out Island Grille Tierra Verde 1:40 Rays Baseball vs Kansas City 2:00 Sunday Rummikub 3W 3:00 Prayer Time HR 4:00 Garden Walks on your Own 	25 10:00 ChExercise HR 11:00 Advanced Weight Lifting HR 1:15 Cogni Fit GR 1:15 Bridge 5W 1:15 Wii Bowling HR 2:00 Thera-Bandwork GR 3:00 Group Crosswords GR 6:30 Evening Bingo HR	26 10:00 Alix Assessments 11:00 Stretching Class GR 10:30 Trip to "Hard Rock Casino" 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 Night Out "Habana Cafe" 6:30 Mexican Train Game GR 6:30 Evening Shuffleboard CT	27 8:30 Aqua Fit Pool 10:00 ChExercise GR 11:00 Weight Lifting HR 1:15 Bingo HR 1:15 Cogni Fit GR 2:00 Thera-Bandwork GR 2:30 Group Crosswords MR 3:00 Mexican Train Game GR 4:00 Wii Games HR 6:30 Evening Shuffleboard CT	28 10:00 Chair Yoga HR 11:00 Rummikub 3W 11:00 Stretching Class GR 11:00 Bible Sharing /Pastor Ross HR 1:00 Card Games 3E 1:15 Cogni Fit GR 2:00 Tai Chi w/Alix GR 4:00 Friends & Family 70's Dinner Party DR/HR/GR	29 8:30 Aqua Fit Pool 9:00 Fishing at the Seawall 10:00 ChExercise HR 10:00 Chats with Shirley 3E 11:00 Weight Lifting HR 1:15 Bingo HR 1:15 Cogni Fit GR 2:30 Trip to Dollar Tree 4:00 Social Hour 3E 6:30 Evening Shuffleboard CT	30 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