
















# July College Harbor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Traveling to The Bahamas</b></p> 	<p>10:00 ChExercise HR  <b>10:30 Painting Class with John HR</b>            11:00 Advanced Weight Lifting WC            1:15 Bridge 5W            1:15 Cogni Fit GR            1:15 Wii Bowling HR            2:00 Chairobics GR            3:00 Group Crosswords GR            6:30 Evening Bingo HR</p> 	<p>8:30 Aqua Fit Pool            10:00 Trivia Time 3E            10:00 Chair Yoga GR            10:30 Card Play 3W            11:00 Stretching Class GR            1:00 Hangman Word Game 3E            1:15 Cogni Fit GR  <b>2:45 Trip to CVS or Walgreens</b>            4:00 Resident Social HR            6:15 Evening Shuffleboard CT</p>	<p>10:00 ChExercise HR            10:00 Chess or Checkers 3W            10:30 Scrabble Game 3E            1:15 Bingo HR            1:15 Cogni Fit GR            2:30 Wii Games HR            3:00 Mexican Dominoes Game GR            4:00 Rummikub for Beginners 3E            6:15 Evening Shuffleboard CT</p>	<p>8:30 Aqua Fit Pool            10:00 Chair Yoga HR            10:00 Rummikub 3W            11:00 Stretching Class GR  <b>11:00 Bible Sharing /Pastor Ross GR</b>  <b>12:00 Main Meal of the Day</b>  <b>2:30 Ice Cream Social w/Alix HR</b>            6:15 Evening Shuffleboard CT  <b>Happy 4th of July!!!</b></p> 	<p>8:00 Beachwalk Pass-a-Grille  <b>10:00 Catholic Mass HR</b>            10:00 ChExercise GR            10:30 Resident Choice 3E            1:15 Bingo HR            1:15 Cogni Fit GR            2:30 Baking Fun 3E            4:00 Social Hour 3E            6:15 Evening Shuffleboard CT</p> 	<p>10:15 Chairobics GR  <b>11:00 Chapel Service HR</b>            1:00 Kings in the Corner Cards GR            2:00 Rummikub 4th Floor            3:30 Billiards and Beer GR            4:00 Garden Walks on Your Own            6:30 Evening Shuffleboard CT</p>
<p>2:00 Sunday Rummikub 3W            3:00 Mexican Dominoes Games GR            3:30 Scrabble GR            4:00 Garden Walks on Your Own</p> 	<p>10:00 ChExercise HR  <b>10:30 Painting Class with John HR</b>            11:00 Advanced Weight Lifting WC            1:15 Bridge 5W            1:15 Cogni Fit GR            1:15 Wii Bowling HR            2:00 Chairobics GR            3:00 Group Crosswords GR            6:30 Evening Bingo HR</p>	<p>8:30 Aqua Fit Pool            10:00 UNO Game 3E            10:00 Chair Yoga GR            10:30 Healthy Fruit Smoothies 3E            11:00 Stretching Class GR            1:00 Crocheting Fun 3W  <b>2:45 Trip to Publix</b>            4:00 Resident Social HR            6:15 Evening Shuffleboard CT</p>	<p>10:00 ChExercise HR            10:00 Rummikub 3W            10:30 Cooking Fun 3E            11:00 Weight Lifting HR            1:15 Bingo 3E            1:15 Cogni Fit GR            2:30 Group Crosswords MR            3:00 Mexican Dominoes Game GR  <b>4:00 2W &amp; 3W Social Hour on 3W</b>            6:15 Evening Shuffleboard CT</p>	<p>8:30 Aqua Fit Pool            10:00 Chair Yoga GR            10:00 Rummikub 3W/3E            10:30 Word Search Fun 3E  <b>11:00 Bible Sharing /Pastor Ross GR</b>            1:15 Cogni Fit GR  <b>1:30 Resident Council Meeting HR</b>  <b>2:30 New Resident Orientation HR</b>            4:00 Nail Polish Change 3W</p>	<p>8:00 Beachwalk Pass-a-Grille            10:00 ChExercise GR            10:30 Morning Movie 3E            11:00 Weight Lifting WC            1:15 Bingo HR            1:15 Cogni Fit GR  <b>1:30 Trip to Bealls- Closing Sale</b>            4:00 Social Hour 3E            6:15 Evening Shuffleboard CT</p> 	<p>10:15 Chairobics GR  <b>11:00 Chapel Service HR</b>            1:00 Kings in the Corner Cards GR            2:00 Rummikub 4th Floor  <b>2:00 Rootbeer Floats MR</b>            3:30 Billiards and Beer GR            4:00 Garden Walks on Your Own            6:15 Evening Shuffleboard CT</p>
<p>2:00 Sunday Rummikub 3W            3:00 Mexican Dominoes Games GR  <b>3:00 Prayer Time HR</b>            3:00 Scrabble GR            4:00 Garden Walks with a Friend</p> 	<p>10:00 ChExercise HR  <b>10:30 Painting Class with John HR</b>            11:00 Advanced Weight Lifting WC            1:15 Bridge 5W            1:15 Cogni Fit GR            1:15 Wii Bowling HR            2:00 Chairobics GR            3:00 Group Crosswords GR            6:30 Evening Bingo HR</p> 	<p>8:30 Aqua Fit Pool            9:00 Banking Trip &amp; Post Office            10:00 Adult Coloring 3E            10:00 Chair Yoga HR            11:00 Stretching Class GR            1:15 Cogni Fit GR  <b>2:30 Piano Music w/ John HR</b>            4:00 Resident Social HR            6:15 Evening Shuffleboard CT</p>	<p>10:00 Adult Coloring 3E            10:00 Chairobics HR            10:00 Rummikub 3W            11:00 Weight Lifting HR            1:15 Cogni Fit GR            1:15 Bingo HR            2:30 Group Crosswords MR            3:00 Mexican Dominoes Game GR            4:00 Garden Walks on Your Own            6:15 Evening Shuffleboard CT</p>	<p>8:30 Aqua Fit Pool            10:00 Jewelry By Michele MR            10:00 Chairobics HR            10:00 Rummikub 3W            11:00 Stretching Class GR  <b>11:00 Bible Sharing with Pastor Ross GR</b>            1:15 Cogni Fit GR  <b>4:00 July Birthday Party HR</b>            6:15 Evening Shuffleboard CT</p>	<p>8:00 Beachwalk Pass-Grille            10:00 Adult Coloring 3E            10:00 ChExercise GR  <b>10:30 Catholic Communion HR</b>            11:00 Weight Lifting WC            1:15 Bingo HR            1:15 Cogni Fit GR            4:00 Garden Walks on Your Own            6:15 Evening Shuffleboard CT</p> 	<p>10:00 Rummikub 3W  <b>11:00 Chapel Service HR</b>            1:00 Kings in the Corner Cards GR            2:00 Rummikub 4th Floor            3:30 Billiards and Beer GR            6:15 Evening Shuffleboard CT</p>
<p><b>2:00 Musical Program with Will &amp; Michele HR</b>            2:00 Sunday Rummikub 3W            3:00 Mexican Dominoes Game GR            3:30 Scrabble GR</p> 	<p>10:00 ChExercise HR            11:00 Advanced Weight Lifting WC            11:15 Activity Planning Meeting 1W            1:15 Bridge 5W            1:15 Cogni Fit GR            1:30 Wii Bowling HR            2:00 Chairobics GR            3:00 Group Crosswords GR            6:30 Evening Bingo HR</p> 	<p>10:00 Scrabble Game 3W            10:00 Chair Yoga HR            10:30 Baking Fun 3E            11:00 Stretching Class GR            1:00 IN2L Games HR            1:15 Cogni Fit GR  <b>2:45 Trip to Aldi Grocery Store</b>            3:30 Town Hall Meeting HR            6:15 Evening Shuffleboard CT</p>	<p>10:00 Travel Video of The Bahamas 3E            10:00 Chairobics HR            10:30 Sequence Dice Game 3W            1:15 Cogni Fit GR            1:15 Bingo HR            2:30 Group Crosswords MR            3:00 Mexican Dominoes Game GR            4:00 Rummikub for Beginners 3E            6:15 Evening Shuffleboard CT</p>	<p>8:30 Aqua Fit Pool            10:00 Chairobics HR            10:00 Rummikub 3W            11:00 Stretching Class GR  <b>11:00 Bible Sharing /Pastor Ross HR</b>            1:15 Cogni Fit GR  <b>4:00 Friends &amp; Family Dinner Party "Trip to the Bahamas" DR HR GR</b>            6:15 Evening Shuffleboard CT</p>	<p>10:00 Book Sharing 3E            10:00 Chairobics GR            11:00 Weight Lifting WC  <b>11:15 Lunch Outing to Bahama Breeze</b>            1:15 Bingo HR            1:15 Cogni Fit GR  <b>1:30 Summer Olympics Opening Ceremony in Paris CH 8</b>            4:00 Social Hour 3E            6:15 Evening Shuffleboard CT</p>	<p>10:00 Rummikub 3W            10:15 Chairobics GR  <b>11:00 Chapel Service HR</b>            1:00 Kings in the Corner Cards GR  <b>1:15 Saturday Bingo HR</b>            2:00 Rummikub 4th Floor            3:30 Billiards and Beer GR            4:00 Garden Walks with a Friend            6:15 Evening Shuffleboard CT</p> 
<p>2:00 Sunday Rummikub 3W            3:00 Mexican Dominoes Game GR            3:30 Scrabble GR            4:00 Garden Walks with a Friend</p> 	<p>10:00 ChExercise HR            11:00 Advanced Weight Lifting HR            1:15 Bridge 5W            1:15 Wii Bowling HR            1:15 Cogni Fit GR            2:00 Chairobics HR            4:00 Garden Walks with a Friend            6:30 Evening Bingo HR</p> 	<p>10:00 Technology Support Call 5272            10:00 Chair Yoga HR            11:00 Trivia Time 3W            1:00 Adult Coloring Time 3E            1:15 Cogni Fit GR  <b>2:30 Piano Music w/ John HR</b>  <b>2:30 Trip to Walmart</b>            4:00 Resident Social HR            6:15 Evening Shuffleboard CT</p>	<p>10:00 ChExercise HR            10:00 Rummikub 3W/3E            11:00 Weight Lifting HR            1:15 Bingo HR            1:15 Cogni Fit GR            2:30 Wii Games HR            2:30 Group Crosswords MR            3:00 Mexican Dominoes Game GR            4:00 IN2L Computer Games HR            6:15 Evening Shuffleboard CT</p>	<p><b>Room Key</b>            1W- 1st Floor West            1W - Private Dining Room            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><b>Happy July Birthdays!</b>  <b>4th-Lynne D. 2W</b>  <b>9th-Frank P. 3E</b>  <b>10th-Patrick W. 3W</b>  <b>13th-Maranee B. 3E</b>  <b>15th- Louise B. 2W</b></p>	<p>  <b>22nd- Susan B. 3E</b>  <b>27th- Ginger T. 3E</b>  <b>30th- Marcia H. 2W</b>  <b>31st- Ross Z. 2W</b></p>