



ACTIVITIES CALENDAR: November 22 – November 28

For more information, call: [Britt Lock 843-406-6555](tel:843-406-6555) | [Emily Tucker 843-406-6647](tel:843-406-6647)

PLEASE REMEMBER MASKS MUST BE WORN AT ALL EVENTS

Sunday, November 22

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
10:30 AM	Chapel	Sunday Service: reservations required, please call Caitie Murphy at 843-406-2467. For your convenience, the service is also live streamed each Sunday at 10:30 on BG life and available for viewing any time after the service.
7:00 PM	Polly's Pub	Sunday Movie "The Lion King", journey to the African savanna, where a future king overcomes betrayal and tragedy to assume his rightful place on Pride Rock. Through pioneering filmmaking techniques, The Lion King brings treasured characters to life in a whole new way. (D) 2h 5m

Monday, November 23

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Intermediate Level Core Solutions with Elizabeth
9:00 AM	Blackmer Hall	High Intensity Interval Training (HIIT) Intermediate Level with Kelly- NEW
10:00 AM	Blackmer Hall	Strength Training Intermediate Level with Kelly
10:45 AM	Blackmer Hall	Body Fit with Elizabeth
11:30 AM	Blackmer Hall	Body Fit with Elizabeth
1:30 PM	Mappus Card RM	Italian Lessons. It's good for you, from pizza to lasagna and gelato. You know those words. Wouldn't you like to learn that language?
1:30 PM	Anderson Cons.	Knots & Needles: All stitchers welcome!
2:00 PM	Blackmer Hall	Europe from Above: "Italy", cameras swoop over the treasures of ancient Rome, dredger in Venice and get a bird's eye view of Sicily's ladder top fishermen. We look down on daring scientists as they climb Italy's Etna volcano and we race around an ice track in the high Alps. 45m
4:00 PM	Croquet Court	Croquet Mentor Program – Introduction to Golf Croquet. Learn the basics, including ball striking, the order of the game and fundamental strategies.

Tuesday, November 24

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Intermediate Yoga with Kelly
10:00 AM	Blackmer Hall	Tai Chi with Lester Pittman
11:00 AM	Blackmer Hall	Balance and Posture with Kelly
2:00 PM	Polly's Pub	Peter Pan", the Tony-Nominated Broadway revival starring Cathy Rigby tells the classic tale of the young boy who refuses to grow up. When Peter Pan meets the Darling children, he takes them on an adventure to Neverland, where they learn to fly, defeat the evil Captain Hook, and are changed forever. 1h 44m



ACTIVITIES CALENDAR: November 22 – November 28

For more information, call: [Britt Lock 843-406-6555](tel:843-406-6555) | [Emily Tucker 843-406-6647](tel:843-406-6647).

PLEASE REMEMBER MASKS MUST BE WORN AT ALL EVENTS

Wednesday, November 25

8:00 AM	Blackmer Hall	Intermediate Level Core Solutions with Elizabeth
9:00 AM	Blackmer Hall	High Intensity Interval Training (HIIT) HIIT Intermediate Level with Nathan
10:00 AM	Blackmer Hall	Sit and Stretch with Kelly
10:45 AM	Blackmer Hall	Body Fit with Elizabeth
11:30 AM	Blackmer Hall	Body Fit with Elizabeth
2:00 PM	Blackmer Hall	Gentle Yoga with Elizabeth
4:00 PM	Croquet Court	Men's and Women's open play. Registration is not required.
4:30 PM	Palm Court	Friends-Giving Happy Hour – Join our friend Nathan Calhoun for live music and a few drinks as we celebrate everything we are thankful for this year.

Thursday, November 26

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Intermediate Yoga with Kelly canceled
10:00 AM	Blackmer Hall	Tai Chi with Lester Pittman canceled
10:30 AM	Chapel	Thanksgiving Day Service: reservations required, please call Caitie Murphy at 843-406-2467
11:00 AM	Blackmer Hall	Balance and Posture with Kelly canceled
1:30 PM	Miller Art Loft	Art Class: canceled

Friday, November 27

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Blackmer Hall	Core Solutions Intermediate Level canceled
9:00 AM	Polly's Pub	iPad and Mac class with Curtis Wise
9:00 AM	Blackmer Hall	High Intensity Interval Training (HIIT) Intermediate Level with Nathan canceled
10:00 AM	Blackmer Hall	Strength Training Intermediate Level canceled
10:30 AM	Wellness Center Entry	Turkey Trek. Join wellness for the first Turkey Trek and walk off those turkey pounds. The walk will be followed by live music with Nathan Calhoun in Regan Pavilion.
10:45 AM	Blackmer Hall	Body Fit with Elizabeth canceled
11:30 AM	Blackmer Hall	Body Fit with Elizabeth canceled
1:30 PM	Miller Art Loft	Open Studio: Take some time in a creative space for independent work-study or try something new.

Saturday, November 28

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
10:00 AM	Trail Entry	Trail Walks- Join the group for a beautiful morning walk. The group meets at the signboard at the North Trail.
10:00 AM	Community Garden	Come visit the garden anytime, and enjoy all the beautiful fall flowers and colors. It's a great place to sit and read a book.