

ACTIVITIES CALENDAR: MARCH 4 and March 7

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

■ Columns represent NEW or SPECIAL EVENT for the week.

Friday, March 6

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|-----------------|---|
| 8:00 AM | Aerobics Studio | Intermediate Level Cardio Pump with Shannon |
| 9:00 AM | Pool | Water Aerobics with Kelly |
| 9:00 AM | Aerobics Studio | Yoga - with Shannon |
| 9:30 AM | Blackmer Hall | IPad and Mac Help with Curtis Wise |
| 10:00 AM | Aerobics Studio | Strength Training with Kelly/Comfort |
| 11:00 AM | Aerobics Studio | Body Fit I with Shannon |
| 11:00 AM | Chapel Oratory | Jewish Shabbat Service <u>Cancelled</u> |
| 11:30 AM | Aerobics Studio | Dance Party with Shannon |
| 1:00 PM | Mappus Card Rm | Party Bridge: Led by Jan Marrs, 843-406-4906 and Martha and Bill Tucker- 843-723-8356. <u>Cancelled</u> |
| 1:00 PM | Aerobics Studio | Ping Pong open till Monday |
| 1:30 PM | Miller Art Loft | Art Class: Open Studio |
| 1:30 PM | Polly's Pub | Other Side of History: Daily life in Ancient World 37 Being Anglo-Saxon,38:Being Anglo-Saxon |
| 3:30 PM | Chapel | Centering Prayer |
| 4:00 PM | Palm Court | Oyster Roast and BBQ: Enjoy music by, Boo and The Boys, oysters, hamburgers, hot dogs, coleslaw, and potato salad. Water, soda, wine, and beer included. Please sign-up in the activities book. <u>CANCELLED</u> |

Saturday, March 7

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|------------------|---|
| 10:00 AM | Trail Entry | Trail Walks- Come enjoy the beauty of nature |
| 10:00 AM | Mappus Card Room | Mah Jongg, come join us. <u>CANCELLED</u> |
| 10:00 AM | Community Garden | Come visit the garden anytime, but especially on Saturdays at 10 when many gardeners are working near their beds or weeding, pruning and planting in the garden for all to enjoy. |
| 2:00 PM | Aerobics Room | Diana's Alterations <u>CANCELLED</u> |
| 3:00 PM | Bocce Court | Afternoon Bocce Games |
| 4:00 PM | Chapel | Bach Society Young Artists Concert <u>CANCELLED</u> |



ACTIVITIES CALENDAR: March 8 – March 14

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Sunday, March 8

| <u>TIME:</u> | <u>LOCATION:</u> | <u>ACTIVITY DESCRIPTION:</u> |
|--------------|--------------------------|---|
| 10:30 AM | **Blackmer Hall** | Sunday Service |
| 7:00 PM | Polly's Pub | Sunday Movie: "The Music of Silence", based on the autobiography by tenor Andrea Bocelli, this musical biopic chronicles his life from his bumpy childhood to his meteoric rise to fame. 1h 55m |

Monday, March 9

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|---------------------|---|
| 8:00 AM | Aerobics Studio | Intermediate Level Core Solutions with Shannon |
| 9:00 AM | Aerobics Studio | Cardio Pump Intermediate with Shannon |
| 9:00 AM | Pool | Water Aerobics with Kelly |
| 10:00 AM | Aerobics Studio | Strength Training with Kelly/Comfort |
| 10:30 AM | Croquet Lawn | Wicket Women: Open Croquet Play for women |
| 11:00 AM | Aerobics Studio | Body Fit with Shannon |
| 11:30 AM | Aerobics Studio | Dance Party with with Shannon |
| 1:30 PM | Mappus Card RM | Italian Lessons with Kiki Anderson. All levels invited |
| 1:30 PM | Anderson Cons. | Knots & Needles: All stitchers **welcome!** |
| 2:00 PM | Pool | Water Volleyball |
| 3:00 PM | Croquet Lawn | Reserved for tournament players |
| 3:00 PM | Anderson Cons | Conversations and Refreshments |
| 3:30 PM | Middleton Dining Rm | Memory Lane Music with Nate Heifetz <u>CANCELLED</u> |
| 4:30 PM | Polly's Pub | Table Trivia – Join us for a fun game of trivia, while testing your knowledge and competing with your neighbors. Who is going to take the win? <u>CANCELLED</u> |

Tuesday, March 10

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|-----------------|--------------------------------|
| 8:00 AM | Aerobics Studio | Intermediate Yoga with Kelly |
| 9:00 AM | Aerobics Studio | Chair Stretch with Shannon |
| 10:00 AM | Front Lobby | Grocery Shopping Harris Teeter |



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| | | |
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| 10:00 AM | Aerobics Studio | Tai Chi for Strength and Balance |
| 10:00 AM | Pool | Water Aerobics with Kelly |
| 11:00 AM | Morse Activity Room | Holy Eucharist |
| 11:00 AM | Aerobics Studio | Balance and Posture with Comfort |
| 1:00 PM | Mappus Card Rm | Mah Jongg, join in the fun: <u>CANCELLED</u> |
| 1:30 PM | Croquet Lawn | Mentors will be available for an introduction to Croquet and learn the basics |
| 1:30 PM | Polly's Pub | Great Courses: The Other Side of History: Daily life in the Ancient World- 35. Being a Celt in Ancient Britain, 36. Being a Roman Briton |
| 3:00 PM | Blackmer Hall | Iran: Join Lester Pittman for his second lecture on Iran. The talk will cover religion in Iran (especially Shii Islam), and the third talk he will discuss politics, economy, and foreign policy. These classes will be offered every other Tuesday. |
| 5:00 PM | Bocce Court | Enjoy a game of Bocce in the court yard |

Wednesday, March 11

| | | |
|----------|---------------------|--|
| 8:00 AM | Aerobics Studio | Intermediate Level Core Solutions with Shannon |
| 9:00 AM | Pool | Water Aerobics – Comfort |
| 9:00 AM | Aerobics Studio | Intermediate Level Cardio Pump Shannon |
| 9:30 AM | Middleton Dining Rm | God's Gals Bible Study |
| 9:30 AM | Mappus Card Room | Men's Bible Study Group |
| 9:45 AM | Miller Art Loft | Flower Guild: Join us preparing fresh flower vases, no experience needed. These brighten up the day of those in our healthcare areas |
| 10:00 AM | Aerobics Studio | Strength Training with Kelly/Comfort |
| 10:30 AM | Croquet Lawn | Mallet Men: Open Croquet Play for men |
| 11:00 AM | Aerobics Studio | Body Fit with Shannon |
| 11:30 AM | Aerobics Studio | Dance Party with Shannon |



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| | | |
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| 12:45 PM | Mappus Card Room | Duplicate Bridge-Last week's winners: N/S Paul Corkish and Betsy Smith, E/W: Faye Burke and Tom Burke <u>CANCELLED</u> |
| 1:30 PM | Chapel | Grief Support |
| 1:30 PM | Palm Court | Bocce - all are welcome. Join in the fun! |

Thursday, March 12

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|--------------------------------|---|
| 8:00 AM | Aerobics Studio | Intermediate Yoga with Kelly |
| 9:00 AM | Aerobics Studio | Zumba Gold with Shannon |
| 10:00 AM | Pool | Water Aerobics with Kelly |
| 10:00 AM | Aerobics Studio | Tai Chi for Strength and Balance |
| 11:00 AM | Aerobics Studio | Balance and Posture Class with Kelly |
| 11:00 AM | Middleton Dining Rm | Chapel Book Study |
| 11:30 AM | Blackmer Hall | Continuum of Care: Advanced Directives & End of Life. Please sign up to attend |
| 12:45 PM | Mappus Card Rm | Canasta Group <u>CANCELLED</u> |
| 1:00 PM | Miller Art Loft | Art Class: Landscape Painting – Using acrylic paints, learn some basics about perspective and how to render a landscape. You may bring in your own photograph to replicate. |
| 2:00 PM | <u>To be determined</u> | Catholic Mass |
| 2:00 PM | Pool | Water Volleyball |
| 2:30 PM | Blackmer Hall | Hearing and Brain Health: Did you know that untreated hearing loss can lead to cognitive decline and many other serious health issues? Learn how to keep your hearing and brain healthy. Presented by Charleston ENT & Allergy <u>CANCELLED</u> |
| 3:00 PM | Croquet Lawn | Croquet Competitive Play- **White Attire Only** |
| 4:30 PM | Polly's Pub | Happy Hour: Join us for a drink in the pub with your neighbors before dinner. |
| 6:45 PM | Front Commons | Ranky Tanky is the Gullah term for "get funky," which is exactly what we plan to do for this exciting Lowcountry collaboration. |



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Friday, March 13

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|---------------------|---|
| 8:00 AM | Aerobics Studio | Intermediate Level Cardio Pump with Shannon |
| 9:00 AM | Pool | Water Aerobics with Kelly |
| 9:00 AM | Aerobics Studio | Yoga - with Shannon |
| 10:00 AM | Aerobics Studio | Strength Training with Kelly/Comfort |
| 10:00 AM | Market Place Café | Newcomer News: If you are new to Bishop Gadsden and have questions about activities, culinary services or the campus stop by |
| 11:00 AM | Aerobics Studio | Body Fit I with Shannon |
| 11:30 AM | Aerobics Studio | Dance Party with Shannon |
| 1:00 PM | Mappus Card Rm | Party Bridge: Led by Jan Marrs, 843-406-4906 and Martha and Bill Tucker- 843-723-8356. Winners: <u>CANCELLED</u> |
| 1:00 PM | Aerobics Studio | Ping Pong open till Monday |
| 1:30 PM | Miller Art Loft | Art Class: Open Studio |
| 1:30 PM | Polly's Pub | Other Side of History: Daily life in Ancient World 37 Being Anglo-Saxon, 38: Being Anglo-Saxon |
| 3:30 PM | Chapel | Centering Prayer |
| 3:00 PM | Morse Activity Room | Kathryn Smith, American History Author + Speaker Presents : Red Riding Hood Through History and Around the World. The story of Little Red Riding Hood, originating in pre-revolutionary France, is more than three hundred years old. <u>CANCELLED</u> |

Saturday, March 14

| <u>TIME</u> | <u>LOCATION</u> | <u>ACTIVITY DESCRIPTION</u> |
|-------------|------------------|---|
| 10:00 AM | Trail Entry | Trail Walks- Come enjoy the beauty of nature |
| 10:00 AM | Mappus Card Room | Mah Jongg, come join us. <u>CANCELLED</u> |
| 10:00 AM | Community Garden | Come visit the garden anytime, but especially on Saturdays at 10 when many gardeners are working near their beds or weeding, pruning and planting in the garden for all to enjoy. |
| 1:00 PM | Polly's Pub | Opera Club Presents: La Fanciulla del West- Puccini's musical vision of the American West is vividly brought to life |
| 3:00 PM | Bocce Court | Afternoon Bocce Games |