



## ACTIVITIES CALENDAR: February 26- March 4, 2023

For more information, call: [Britt Lock 843-406-6555](tel:843-406-6555) or [Fran Matise 843-406-6647](tel:843-406-6647)

### Sunday, February 26

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
10:00 am	Chapel	Choir Practice
10:30 am	Chapel	Sunday Service
6:45 pm	Blackmer Hall	Compline Service
6:00 pm	Polly's Pub	<i>Sunday The Help</i> . The story focuses on her relationship with two black maids, Aibileen Clark and Minny Jackson, during the Civil Rights Movement in 1963 in Jackson, Mississippi. In an attempt to become a legitimate journalist and writer, Skeeter decides to write a book from the maids' point of view, exposing the racism they face as they work for white families.

### Monday, February 27

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Circuit Training
9:00 am	Wellness Studio	(BF)- Intermediate Yoga
10:00 am	Front Commons	Join us for a private lead tour at the Charleston Museum. We will explore the <i>Lowcountry History Hall</i> , which houses materials related to the Native Americans who first inhabited the South Carolina Lowcountry and the colonists and enslaved African Americans who transformed the region into an agricultural empire.
10:00 am	Pool	Aquatic Fitness
10:00 am	Wellness Studio	(BF)- Tai Chi
11:00 am	Middleton Dining Room	Grief Support: Grief is one of those things in life that hits all of us in one way or another. Join Chaplain Charles Jenkins and others in our community as we journey through grief's stages.
11:00 am	Wellness Studio	Body Fit
1:30 pm	Middleton Dining Room	Italian class taught by Kiki Anderson offers Italian conversation, sharing Italian life, and a workbook for reinforcing lessons. (class is full)
1:30 pm	Conservatory	Knots and Needles: All stitchers are welcome!
3:00 pm	Croquet Court	Tournament Players: Anne Moss and Pete Trees



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3:30 pm	Conservatory	Afternoon Tea
4:30 pm	Blackmer Hall	Table Trivia: There are open seats ready for you – come join in the fun! Winners last week were the <b>Brain Teasers</b>
5:00 pm	Front Commons	World Affairs Council of Charleston: Latin America: The Challenges and Opportunities of Working with our Southern Neighbors. The topic for our meeting is both timely and important. Timely, given the current political turbulence in Brazil, Peru, Colombia, and Central America; economic pressures throughout the region; and our President's recent visit to Mexico. Speaker: Ambassador Earl Anthony ("Tony") Wayne.

## Tuesday, February 28

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Cardio and Strength
9:00 am	Wellness Studio	Yogalates
10:00 am	Pool	Supervised Aquatic Exercise
10:00 am	Wellness Center	(BF)- Chair Yoga
10:30 am	Quay Pond	(BF)- BGYC RC Sailboat Racing
11:00 am	Wellness Studio	Balance and Posture
11:00 am	Blackmer Hall	Damon Fordham is a treasure hunter and storyteller, digging up long untold facts and sharing them as a tour guide, an author, and an adjunct history professor at The Citadel. Be one of the first groups who have the opportunity to hear about his new book, <i>The 1895 Segregation Fight in South Carolina</i>
1:00 pm	Mappus Card Rm	Mah Jongg:
3:00 pm	Croquet Court	Intermediate Players with John Hollingsworth
4:00 pm	Chapel	Catholic Mass with Father Kingsley

## Wednesday, March 1

8:00 am	Wellness Studio	Circuit Training
9:00 am	Wellness Studio	(BF)- Intermediate Yoga
10:00 am	Mappus Card Rm	BG Men's Weekly Bible Study
10:00 am	Middleton Dining	God's Gals bible study



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10:00 am	Pool	Aquatic Fitness
10:00 am	Wellness Studio	(BF)- Tai Chi with
12:00 pm	Miller Art Loft	Flower Guild: Join us in preparing fresh flower vases and arrangements.
10:30 am	Polly's Pub	Choir Practice
11:00 am	Wellness Studio	Body Fit
1:00 pm	Middleton Dining	Duplicate Bridge: Last week's winners:
3:00 pm	Croquet Court	Mallet Men with Ed Hay

## Thursday, March 2

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Functional Fitness
9:00 am	Wellness Studio	Yogalates
10:00 am	Pool	Supervised Aquatic Exercise
10:00 am	Front Commons	Grocery Shopping at Harris Teeter
10:00 am	Wellness Center	(BF)- Chair Yoga
10:30 am	Mappus Card Rm	Chaplain's Bible Study: Each week, we will look at the previous Sunday's Gospel and discuss it.
10:30 am	Quay Pond	BGYC RC Sailboat Racing
11:00 am	Wellness Studio	(BF)- Balance and Posture
12:00pm	Blackmer Hall	The Continuum of Care Series: This week's session will cover Emergency Services and Compliance, presented by Katie Jayne. Lunch will be offered at 11:30, and the program will begin at 12:00 pm.
1:15 pm	Mappus Card Room	Canasta is a card game of the Rummy family of games. Join your neighbors for a game.
1:00 pm	Pool	Water Volleyball
1:30 pm	Miller Art Loft	Open Art Studio: Meet your new art teacher Martha McLeod. Martha comes to us with a diverse portfolio of art and experience. She is a Savannah College of Art and Design, graduate. She is unafraid to get her hands dirty and is excited to bring different art mediums to the BG community.
3:00 pm	Croquet Court	Wicket Women with Tina Radding-Jump shot



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4:30 pm	Polly's Pub	Happy Hour: Enjoy half-priced cocktails and an assortment of nibbles with your neighbors
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## Friday, March 3

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Circuit Training
9:00 am	Wellness Studio	(BF)- Intermediate Yoga
9:30 am	Polly's Pub	IPad and Mac help with Curtis Wise
11:00 am	Wellness Studio	Body Fit
1:30 pm	Miller Art Loft	Open Art Studio
3:00 pm	Polly's Pub	Explore West Africa with adventurer "World Wide Nate." Kick off your tour by visiting Ghana, a vibrant coastal country in the heart of West Africa. Explore its historic monuments and museums with locals who live and work there, and talk to entrepreneurs who are designing products like chocolate and luxury clothing that highlight Ghana's contributions to the "Made in Africa" movement.
3:00 pm	Croquet Court	Beginner Mentoring with Ann Crane
3:30 pm	Chapel	Centering Prayer with Colton Smith
6:45 pm	Front Commons	Masterworks: Tchaikovsky's Piano

## Saturday, March 4

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
10:00 am	Trail Entry	Trail Walks
10:00 am	Mappus Card Rm	Mah Jongg:
1:00 pm	Middleton Dining	Mexican Train Dominos, come learn to play

### Upcoming Events:

March 8	11:00am	Front Commons	Just G.O. Lunch at Felix
March 8	2:00pm	Blackmer Hall	CARF Exit Conference - Commission on Accreditation of Rehabilitation Facilities
March 8	2:50pm	Morse Activity	Historic Society Charleston
March 10	12:00pm	Blackmer Hall	Continuum of Care: <b>NEW DATE</b>
March 10	5:00pm	Front Commons	Dinner on the town: Wild Common
March 13	4:15pm	Morse Activity	Music with Ty and Nat
March 15	6:45 pm	Blackmer Hall	Pure theater presents: Septima Clark
March 16	4:30 pm	Polly's Pub	St. Patrick's Day Happy Hour with Irish Singer Edd Carney

\*(BF) Brain Fit Classes