



ACTIVITIES CALENDAR: March 12, 2023- March 18, 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, March 12

<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 Movie:</i> "Where the Crawdads Sing" is a coming-of-age story of a young girl raised in the marshlands of the south in the 1950s. When the town hotshot is found dead and inexplicably linked to Kya, the Marsh Girl is the prime suspect in his murder case.

Monday, March 13

<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	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.
1:30 pm	Conservatory	Knots and Needles: All stitchers are welcome!
3:00 pm	Croquet Court	Tournament Players: Anne Moss and Pete Trees
3:30 pm	Conservatory	Afternoon Tea
4:15 pm	Morse Activity Room	Ty and Nat are musicians from Northwest Michigan whose passion for music and travel was combined. They perform a wide variety of music from the 1920's through present day.
4:30 pm	Blackmer Hall	Table Trivia: There are open seats ready for you – join in the fun! We had a three-way tie last week.
7:00 pm	Polly's Pub	French Club showing - La Cage aux Folles:

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<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	Front Commons	Folly Pier Walk and Lunch at Blu
11:00 am	Wellness Studio	Balance and Posture
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 15

8:00 am	Wellness Studio	Circuit Training
9:00 am	Wellness Studio	(BF)- Intermediate Yoga
10:00 am	Blackmer Hall	Resident Update
10:00 am	Mappus Card Rm	BG Men's Weekly Bible Study canceled
10:00 am	Middleton Dining	God's Gals bible study canceled
10:00 am	Pool	Aquatic Fitness
10:00 am	Wellness Studio	(BF)- Tai Chi with
10:45 am	Polly's Pub	Choir Practice
11:00 am	Wellness Studio	Body Fit
12:00 pm	Miller Art Loft	Flower Guild: Join us in preparing fresh flower vases and arrangements.
12:15 pm	Middleton Dining	Play and learn duplicate bridge with Paul and Tina 12:15-12:45 game follows lessons.
3:00 pm	Croquet Court	Mallet Men with Ed Hay

Thursday, March 16

<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



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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. Canceled
10:30 am	Quay Pond	BGYC RC Sailboat Racing
11:00 am	Wellness Studio	(BF)- Balance and Posture
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	Art Lessons with Martha – Japanese printing technique, Gyotaku
3:00 pm	Croquet Court	Wicket Women with Tina Radding-Rules Cancelled
3:30 pm	Blackmer Hall	Jenny Costa Honeycutt will discuss current projects, such as Riverland Drive Sidewalk, Camp Road Sidewalks, and more.
4:15 pm	Middleton Dining Room	Men's Book Club: The Trials of Harry S. Truman: the Extraordinary President, by Jeffrey Frank.
4:30 pm	Polly's Pub	Saint Patrick's Day Happy Hour: Enjoy half-priced cocktails and nibbles with your neighbors. Irish singer and songwriter Edd Carney will play some of your favorite Irish melodies.

Friday, March 17

<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	Art Studio
3:00 pm	Polly's Pub	Senegal's African Renaissance -Turn your attention to the westernmost point of Africa: the country of Senegal. Tour the African Renaissance Monument in Dakar. Examine what Islam means to Senegalese people and culture



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3:00 pm	Croquet Court	Beginner Mentoring with Ann Crane
3:30 pm	Chapel	Centering Prayer with Colton Smith

Saturday, March 18

<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
2:00 pm	Aerobics Room	Alteration pick-up. Please bring check or cash for payment.

Upcoming Events:

March 19	3:00 pm	Croquet Court	Wine and wickets
March 24	6:45 pm	Front Commons	Masterworks: Dvorak's 8th Symphony
March 27	3:00 pm	Morse Activity	"Churchyards of Charleston"
March 28	4:00 pm	Blackmer Hall	Charleston Moves
March 29	3:00 pm	Blackmer Hall	Dr. Rahbar, dermatologist- healthy skincare
March 30	3:00 pm	Blackmer Hall	Rabbi Stephanie Alexander- history of Passover
March 31	4:00 pm	Blackmer Hall	Resident Bingo
April 5	3:00 pm	Blackmer Hall	Author Leigh Handal, "Stories and Scandals."
April 12	6:15 pm	Front Commons	Riverdogs Game
April 19	3:00 pm	Blackmer Hall	Learn more about pain management – Dr. Arcella

*(BF) Brain Fit Classes