



# ACTIVITIES CALENDAR: February 12- February 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, February 12

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
10:00 am	Chapel	Choir Practice
10:30 am	Chapel	Sunday Service:
2:00 pm	Polly's Pub	<i>Sunday Movie</i> Marvel Studios' "Black Panther" follows T'Challa who, after the death of his father, the King of Wakanda, returns home to the isolated, technologically advanced African nation to succeed to the throne and take his rightful place as king. <u>Black History Month featured event.</u>
6:45 pm	Blackmer Hall	Compline Service
6:00 pm	Polly's Pub	Superbowl Viewing and Resident Potluck

## Monday, February 13


<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Circuit Training-MJ
9:00 am	Wellness Studio	Intermediate Yoga MJ
10:00 am	Pool	Aquatic Fitness – Sherry
10:00 am	Wellness Studio	Tai Chi with Lester
11:00 am	Middleton Dining Rom	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 --- MJ
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
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 <b>Whiz Kids</b>
7:00 pm	Polly's Pub	French Club will be showing: A Very Long Engagement, with Audrey Tatou.



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## Tuesday, February 14

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Cardio and Strength MJ
9:00 am	Wellness Studio	Yogalates with Laura
10:00 am	Blackmer Hall	 What's your Brain Health? Join Dr. Heather Boger for an interactive discussion on the current data on cognitive health and the benefits of proper nutrition and exercise.
10:00 am	Pool	Supervised Aquatic Exercise-Sherry
10:00 am	Wellness Center	Chair Yoga
10:30 am	Quay Pond	BGYC RC Sailboat Racing
11:00 am	Wellness Studio	Balance and Posture-Sherry
1:00 pm	Mappus Card Rm	Mah Jongg:
3:00 pm	Croquet Court	Intermediate Players with John Hollingsworth
3:00pm	Blackmer Hall	Join author Herb Frazier for a discussion of his books, 'Behind God's Back': Gullah Memories and Sleeping with the Ancestors, how I followed the Footprints of Slavery, scheduled for release on June 6 <sup>th</sup> . <u>Black History Month featured event.</u>
4:00 pm	Chapel	Catholic Mass with Father Kingsley

## Wednesday, February 15

8:00 am	Wellness Studio	Circuit Training ---Nathan
9:00 am	Wellness Studio	Intermediate Yoga with Laura
10:00 am	Mappus Card Rm	BG Men's Weekly Bible Study
10:00 am	Miller Art Loft	Flower Guild: Join us in preparing fresh flower vases and arrangements.
10:00 am	Middleton Dining Rm	Gods Gals – Join us for a weekly Bible Study; for more information, contact Carol Galvan.
10:00 am	Pool	Aquatic Fitness – Sherry
10:00 am	Wellness Studio	Tai Chi with Lester
10:30 am	Polly's Pub	Choir Practice
11:00 am	Wellness Studio	Body Fit-Laura
12:30 pm	Front Commons	Movie Matinee: 80 for Brady. Register to attend.



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1:00 pm	Middleton Dining	Duplicate Bridge: Last week's winners: N/S Lori Muenow and Jan Marrs Fred Baab and Pat Mesel E/W Marty Klaper and Julie Klaper Betsy Clawson and Riley Kash
3:00 pm	Croquet Court	Mallet Men with Ed Hay
4:15 pm	Middleton Dining Rm	Men's Book Club: A discussion of <u>Lessons from the Edge: A Memoir</u> .

## Thursday, February 16

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Functional Fitness with MJ
9:00 am	Wellness Studio	Yogalates with Laura
10:00 am	Pool	Supervised Aquatic Exercise –Sherry
10:00 am	Front Commons	Grocery Shopping at Harris Teeter
10:00 am	Wellness Center	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	Balance and Posture – Nathan
12:00pm	Blackmer Hall	The Continuum of Care Series: This week's session will cover <i>BG at Home, Care Navigator, Social Services, Chapel and Clinic</i> . Lunch will be offered at 11:30, and the program will begin at 12:00pm. Please register to attend.
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
3:00 pm	Croquet Court	Wicket Women with Tina Radding-Mechanics
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, February 17

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 am	Wellness Studio	Circuit Training- MJ
9:00 am	Wellness Studio	Intermediate Yoga with MJ
9:30 am	Polly's Pub	IPad and Mac help with Curtis Wise
10:00 am	Wellness Studio	12-Week Walking Challenge.
11:00 am	Wellness Studio	Body Fit---Sherry
1:30 pm	Miller Art Loft	Open Art Studio
3:00 pm	Polly's Pub	America the Beautiful is a docu-series that aims to showcase North America's natural diversity and extreme conditions. Episode 4. Wild West
3:00 pm	Croquet Court	Beginner Mentoring with Ann Crane
3:30 pm	Chapel	Centering Prayer with Colton Smith
4:30 pm	Chapel	Four hands and a piano featuring Andrew Armstrong and Orion Weiss. Enjoy old-world razzle-dazzle American dances by Samuel Barber, Schubert's Fantasie, etc.

## Saturday, February 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	Polly's Pub	Opera Club: Puccini's La Rondine-This work does not display the majesty of Boheme, Tosca, or Turandot but rather is a love story with an unhappy ending.
1:00 pm	Middleton Dining	Mexican Train Dominos, come learn to play

### Upcoming Events:

Feb 19	1:00pm	Croquet Course	Wine and Wickets
Feb 21	3:00pm	Blackmer Hall	Artist Andrea Hazel watercolor series: Charleston 1963
Feb 22	10:00am	Blackmer Hall	Resident Update
Feb 22	3:00 pm	Blackmer Hall	Fire System Town Hall
Feb 22	4:00 pm	Chapel	Ash Wednesday- Ecumenical service
Feb 23	12:00pm	Blackmer Hall	Continuum of Care: Christie Rehab, Medicare, BG Rehab
Feb 23	3:00pm	Chapel	Plantation Singers
Feb 24	10:00am	Café	Newcomer News
Feb 24	3:00pm	Blackmer Hall	Charleston Land Trust
Feb 25	2:00pm	Aerobics Room	Diana's Alterations
Feb 27	10:00am	Front Commons	Charleston Museum private tour