



ACTIVITIES CALENDAR: - January 16 – January 22, 2022

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

Please remember to wear your mask during events.

Sunday, January 16

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
9:45 AM	Chapel	Choir Rehearsal
10:30 AM	Chapel	Chapel Service, Holy Eucharist, Rite I
3:00 PM	Croquet Court	Wine and Wickets
6:45 PM	Blackmer Hall	Compline Service: Music for meditation starting at 6:45 and the service will be held at 7:00pm
7:00 PM	<i>Polly's Pub</i>	Sunday Movie: "Wild Oats" when insurance accidentally pays her millions, retired teacher Eva and her pal Maddie head to the Canary Islands for the adventure of their lives. 1h 26m

Monday, January 17

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:15 AM	Wellness Studio	Circuit Training-Alyssa
9:00 AM	Wellness Studio	Intermediate Yoga---Elizabeth
10:00 AM	Pool	Water Aerobics – Sherry Canceled
11:00 AM	Wellness Studio	Body Fit ---Alyssa
1:30 PM	Mappus Card room	Italian Lessons with Kiki Anderson, resumes. Beginners and all levels welcomed.
1:30 PM	Conservatory	Knots and Needles: All stitchers welcome!
3:30 PM	Conservatory	Afternoon Tea
4:00 PM	Blackmer Hall	Meet 2021's MLK Humanitarian Award recipient, Rochelle Johnson. Rochelle is the director of Multicultural Student Programs and Services at the College of Charleston. She will discuss her mission at the college and what it means to her to have won this award.

Tuesday, January 18

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Wellness Studio	Circuit Training—Nathan
9:00 AM	Wellness Studio	Core Solutions ---Sherry
10:00 AM	Wellness Studio	Tai Chi –Lester
10:00 AM	Pool	Supervised Aquatic Exercise Canceled
10:30 AM	Quay Pond	BGYC RC Sailboat Racing.



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11:00 AM	Wellness Studio	Balance and Posture---Sherry
1:00 PM	Mappus Card Room	Mah Jongg: Come even if you have never played and we will teach you.
2:00 PM	Polly's Pub	Wondrium Presents- The Agency: A History of the CIA: We spied with our little eyes, well, spies. Pull back the covers on the secret world-changing, country-saving efforts of the agency. Chapter 1- Secrecy, Democracy, Chapter 2- The Birth of the CIA and George Kennan and the Rise of Covert Ops (1hr)
3:30 PM	Mappus Card Rm	Catholic Eucharist Service
3:00 PM	Croquet Court	Wicket Women: Coordinator Char Strickland
4:30 PM	Front Commons	Dinner on the Town: 39 Rue de Jean is a refined French Cafe and Bar reminiscent of a late 1800's Brasserie. They offers a robust menu, with hearty classics and lighter fare, as well as elegant craft cocktails, an extensive wine and beer list. Please register on Wellzesta to attend.

Wednesday, January 19

8:15 AM	Wellness Studio	Interval Training ---Elizabeth
9:00 AM	Wellness Studio	Intermediate Yoga —Alyssa
9:30 AM	Mappus Card Rm	BG Men's Weekly Bible Study- Masks are required
9:30 AM	Middleton Dining Room	Gods Gals – Join us for a weekly Bible Study, for more information contact Carol Galvan.
10:00 AM	Virtual	Resident Update. The link will be emailed.
10:00 AM	Miller Art Loft	Flower Guild: Join us preparing fresh flower vases and arrangements; no experience needed. Flowers brighten our common spaces.
10:00 AM	Pool	Water Aerobics -Sherry Canceled
10:00 AM	Wellness Studio	Bend and Stretch—Elizabeth
11:00 AM	Wellness Studio	Body Fit ---Sherry
12:45 PM	Middleton Dining	Duplicate Bridge: Canceled
3:00 PM	Croquet Court	Mallet Men: Ed Hay, coordinator



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Thursday, January 20

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:00 AM	Wellness Studio	Intermediate Yoga---Alyssa
9:00 AM	Wellness Studio	Core Solutions--- Elizabeth
10:00 AM	Pool	Supervised Aquatic Exercise –Sherry
10:00 AM	Wellness Studio	Tai Chi----Lester
10:00 AM	Front Commons	Grocery Shopping at Harris Teeter
10:30 AM	Quay Pond	BGYC RC Sailboat Racing
11:00 AM	Wellness Studio	Balance and Posture – Nathan
10:00 AM	Wellness Studio	Intermediate Tai Chi----Lester
12:45 PM	Mappus Card Room	Canasta is a card game of the rummy family of games. Join your neighbors for a game
1:30 PM	Miller Art Loft	“Sip and Paint” enjoy a glass of red or white wine while you design an image with acrylic paints on canvas.
2:00 PM	Pool	Water Volleyball Canceled
3:00 PM	Middleton Dining RM	Current Events: Join moderators Ben Legare and Dennis Maxwell for a discussion on what's hot, and what's not in the world today.
4:30 PM	Polly's Pub	Happy Hour enjoy time with your neighbors and a cocktail before dinner.
6:45 PM	Front Commons	Pops- The Great American Songbook. Please register on Wellzesta to attend. Please note, transportation to this event may be subject to change

Friday, January 21

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
8:15 AM	Wellness Studio	Circuit Training--- Alyssa
9:00 AM	Wellness Studio	Intermediate Yoga--- Alyssa
9:30 AM	Polly's Pub	IPad and Mac help with Curtis Wise
10:00 AM	Pool	Water Aerobics----Sherry Canceled
11:00 AM	Wellness Studio	Body Fit---- Elizabeth
1:30 PM	Miller Art Loft	Open Studio: Take some time in a creative space for independent work-study



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3:00 PM	Polly's Pub	America's National Parks "Gates of the Arctic" Alaska is often called the last frontier; places like Denali are world famous, but the north of Alaska is little known: thousands of square kilometers of trackless and untouched wilderness, far away from civilization. 45m
3:30 PM	Chapel	Centering Prayer with Colton Smith

Saturday, January 22

<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY DESCRIPTION</u>
10:00 AM	Trail Entry	Trail Walks- Enjoy a walk through the woods. The group meets at the signboard at the North Trail
10:00 AM	Mappus Card Rm	Mah Jongg: Come even if you have never played and we will teach you.

Upcoming Events:

Sun. Jan 23	3:00pm	Chapel	Charleston Chamber Music
Mon. Jan 24	4:00pm	Blackmer Hall	Everything you want to know about Physical Therapy
Tue. Jan 25	10:00am	Conservatory	Village Shop End of Season Sale
Tue. Jan 25	4:30pm	Front Commons	Dinner on the Town

Please Note

The pool will be closed January 17 –January 21 for maintenance.

Choir Practice

The Chapel Choir is beginning weekday rehearsals on Wednesday, January 19, 2022, 10:30-11:30 a.m. in The Chapel. If you have a love of singing and are interested in helping with choral leadership for the Sunday 10:30 a.m. Eucharist in the Chapel, you are encouraged and welcomed to attend. The Choir also meets at 9:45 a.m. just before the Sunday service.