



ACTIVITIES CALENDAR: February 23 – February 29

For more information, call: **Britt Lock 843-406-6555** | **Emily Tucker 843-406-6647.**

Columns represent NEW or SPECIAL EVENT for the week.

Sunday, February 23

<u>TIME:</u>	<u>LOCATION:</u>	<u>ACTIVITY DESCRIPTION:</u>
10:30 AM	Chapel	Sunday Service
7:00 PM	Polly's Pub	Sunday Movie "True Grit", teenage tomboy Mattie Ross enlists the help of crusty lawman Rooster Cogburn to track down the hired hand who murdered her father. 2h 8m

Monday, February 24

<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 of Italian will be welcomed.
1:30 PM	Anderson Conservatory	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
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. Last week winners Stars ! CANCELLED this week
5:00 PM	Blackmer Hall	Board and Residents Council Cocktail Party - all residents welcome

Tuesday, February 25

<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
10:00 AM	Aerobics Studio	Tai Chi for Strength and Balance
10:00 AM	Pool	Water Aerobics with Kelly



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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
1:30 PM	Croquet Lawn	Mentors will be available for an introduction to Croquet and learn the basics
1:30 PM	Blackmer Hall	Navigating your Smart Device: This is a basic introduction on how to navigate a Smart Device, (for example Roku). A Smart Device is used to make your TV Smart! We will be discussing how to navigate your remote control to stream.
1:30 PM	Polly's Pub	Great Courses: The Other Side of History: Daily life in the Ancient World- 31. Namib/Kalahari Deserts—Sand Mountains, 32. Siwa Oasis—Paradise amidst Desolation
3:00 PM	Blackmer Hall	Iran: Join Lester Pittman for a series of three classes on Iran. Learn the background of Iran's geography, demographics, and importance in world history. The second 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.
4:30 PM	Polly's Pub	It's Mardi Gras time: enjoy festive bites and refreshments alongside the Joy Project Jazz Band.
5:00 PM	Bocce Court	Enjoy a game of Bocce in the court yard
Wednesday, February 26		
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
10:30 AM	Chapel	Ash Wednesday Service: Imposition of Ashes and Holy Eucharist, with special offertory music Kol Nidre, Op.47, by Bruch for Cello and Piano, performed by musicians from Chamber Music Charleston
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



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11:30 AM	Aerobics Studio	Dance Party with Shannon
12:45 PM	Mappus Card Room	Duplicate Bridge-Last week's winners: N/S Betsy Smith and Paul Corkish --E/W Fred Baab and Pat Mesel
1:30 PM	Chapel	Grief Support
1:30 PM	Palm Court	Bocce - all are welcome. Join in the fun!

Thursday, February 27

<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
10:30 AM	Chapel	Holy Communion Provided by St James
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: Support Services & Connections. Please sign up to attend
12:45 PM	Mappus Card Rm	Canasta Group
1:00 PM	Miller Art Loft	Learn how to draw transparent objects from life, using charcoal and conte crayons on toned paper.
2:00 PM	Chapel	Catholic Mass
2:00 PM	Pool	Water Volleyball
3:00 PM	Croquet Lawn	Croquet Competitive Play- **White Attire Only**
3:30 PM	Blackmer Hall	Navigating your Smart TV This is a basic introduction how to navigate a Smart TV, and how to navigate your streaming device remote control to stream.
4:30 PM	Polly's Pub	Happy Birthday Happy Hour – Join us in the pub as we celebrate all those with a February birthday. Gary will be back on the piano playing some of your favorite songs!
10:00 AM	Croquet Pavilion	Coastal Croquet Clubs event for members.

Friday, February 28

<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



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9:00 AM	Aerobics Studio	Yoga - with Shannon
10:00 AM	Aerobics Studio	Strength Training with Kelly/Comfort
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: 1- Cece Strickland and 2-Fred Babb
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	Great Courses: The Other Side of History: Daily life in the Ancient World- Lesson 33: Auroras—Light Shows on the Edge of Space, 34: Arizona Meteor Crater—Visitors from Outer Space
2:00 PM	Morse Activity Room	Wildlife Rescue and Sanctuary, learn more how they are preserving South Carolinas' wildlife.
3:30 PM	Chapel	Centering Prayer
6:45 PM	Front Commons	Masterworks: Scheherazade- East meets West as the Charleston Symphony performs Rimsky-Korsakov's Scheherazade, which is based on the collection of middle-eastern folk tales, One Thousand and One Nights.

Saturday, February 29

<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.
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.
3:00 PM	Bocce Court	Afternoon Bocce Games
5:30 PM	Polly's Pub	Cocktails with Talia

"Don't forget to share with your BG family those kind things our friends and neighbors do for us each day

Random Acts of Kindness month ends this Saturday and we need YOUR kindness to finish the kindness chain surrounding the Wellness center. Please stop by and SEE THE LOVE in Wellness"



Oyster Roast AND COOKOUT

Friday, March 6, in Palm Court
from 4:30PM to 6:00PM

The cost is \$30 per person and please remember to sign-up in the activities book.